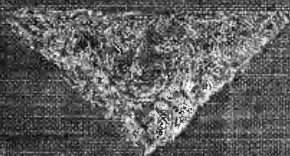


NYPL RESEARCH LIBRARIES



3 3433 07736231 1

JUST FOR TWO



A COMPILATION OF RECIPES
DESIGNED FOR TWO PERSONS



Digitized by the Internet Archive
in 2007 with funding from
Microsoft Corporation

JUST FOR TWO



A COLLECTION OF RECIPES
DESIGNED FOR TWO PERSONS

BY
AMELIE LANGDON

Copyrighted 1903 by Amelie Langdon

BYRON & WILLARD
Publishers
29 Fifth Street South, Minneapolis, Minn.

1922

10

PREFACE

Recipes designed for small families are rare, and yet there are thousands of wives in our cities who cook for only two. It follows that they must either cut down large recipes found in the ordinary cook book, which can rarely be done successfully, or they must cook the full amount with resulting waste. During my experience of keeping house in a flat for my husband and myself, I have tried to cook with economy with the help of my large cook book, and I have both wasted and experimented much and have gradually compiled for my own use a book of proved recipes, many of which have been given me by friends who have compounded and proved them. I now publish the book, believing that it will fill a long felt need. It has been my aim in preparing the book to have it contain rules for making many dainty and delicious dishes not often found in cook books.



What shall I have for dinner?
What shall I have for tea?
An omelet, a chop or two,
Or a savory fricassee?

Dear! how I wish that Nature
When she made her mighty plan
Hadn't given the task to woman
To care for hungry man.

—Anon.

SOUPS

Soup will be as good the second day as the first if heated to the boiling point. It should never be left in the pot, but should be turned into a dish or shallow pan, and set aside to get cold. Never cover it up, as that will cause it to turn sour very quickly.

Before heating a second time, remove all the fat from the top. If this be melted in, the flavor of the soup will certainly be spoiled.

Thickened soups require nearly double the seasoning used for thin soups or broth.

The meat from which soup has been made is good to serve cold thus: Take out all the bones, season with pepper and salt, and catsup, if liked, then chop it small, tie it in a cloth, and lay it between two plates, with a weight on the upper one; slice it thin for luncheon or supper; or make sandwiches of it; or make a hash for breakfast; or make it into balls, with the addition of a little wheat flour and an egg, and serve them fried in fat, or boil in the soup.

An agreeable flavor is sometimes imparted to soup by sticking some cloves into the meat used for making stock; a few slices of onions fried very brown in butter are nice; also flour browned by simply putting it into a saucepan over the fire and stirring it constantly until it is a dark brown.

Clear soups must be perfectly transparent, and thickened soups about the consistency of cream. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh-scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.

EGG DUMPLINGS FOR SOUP.

To half a pint of milk put two well-beaten eggs, and as much wheat flour as will make a smooth, rather thick batter free from lumps; drop this batter, a tablespoonful at a time, into boiling soup.

SHRIMP BISQUE.

Stir one heaping tablespoonful of flour with enough milk or cream to make a paste; put into the sauce pan one-half pint of milk—good measure; the yolk of one egg well beaten; tablespoonful of butter, salt and pepper to taste; add one-half cup chopped shrimps the last thing. Serve hot.

CREAM OF TOMATO SOUP.

One-half pint of canned tomatoes, one-half pint of milk, one heaping teaspoonful of butter, quarter teaspoonful of soda. Cook tomatoes a few minutes and then strain them, put on the stove again, adding the butter, salt and pepper, and a little of the soda, and thicken with flour until quite thick; heat the milk separately in a double boiler until boiling hot; When time to serve, add the remainder of the soda to the tomatoes and a little minced parsley. Lastly add the boiling milk. Serve in heated soup bowls.

CREAM OF CELERY.

Cut the outside stalks of a bunch of celery in small pieces ; boil until tender, keeping covered with water ; when boiled tender rub through a gravy strainer ; add one pint and one-quarter of milk, teaspoonful of butter, salt, and stir in slowly a little flour paste ; let boil a little and serve hot.

WINTER VEGETABLE SOUP.

Scrape and slice one small turnip, and one carrot, and peel one small onion and fry all with a little butter until a light yellow ; add three stalks of celery, two of leeks, cut into small pieces ; stir and fry all for five minutes ; when fried, add two stalks of parsley minced, one clove, salt and pepper and a little grated nutmeg ; cover with three pints of boiling water, and simmer for one hour. Take off the scum, strain and serve.

OYSTER SOUP.

One pint of oysters, one-half pint of milk, one heaping teaspoonful of butter, one-half teacupful of boiling water ; salt and pepper. Strain all the liquor from the oysters ; add the water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they ruffle. Stir in the butter, cook one minute, and pour into the tureen. Stir in boiling milk and send to table hot.

CLAM SOUP.

One dozen clams chopped fine. Put over the fire the liquor that was drained from them, one cupful of water, add the

clams and boil twenty-five minutes. Then season to taste with salt and pepper and a teaspoonful of butter; boil up again and pour in one pint of boiling milk. Stir in a teaspoonful of flour made to a cream with a little cold milk, or one cracker rolled fine. Serve hot in a heated tureen.

CHICKEN BROTH.

Put into a kettle the neck, lower parts of the legs, and the wing tips of a large fat fowl. Dredge with flour, and add a pint of cold water. After letting it soak three-quarters of an hour, simmer slowly, keeping the kettle closely covered and let the meat drop from the bones. Strain and put the broth back on the stove, adding a cupful more of water to the bones and cook a good half hour longer. Add this liquor to the broth. (There should be a pint of the broth.) Season with salt and pepper, and a little minced parsley, according to taste. Serve with tiny squares of toasted bread browned in the oven. The remainder of the chicken can be used for fricassee.

STOCK.

Get a five cent beef bone, and boil two hours with plenty of water. This will make a pint of soup stock. Boil this stock with chopped carrots, parsnips, potatoes and onions, if vegetable soup is wanted, or flavor with strained, canned tomatoes if tomato soup is wanted, or use clear as bouillon. A half teaspoonful of extract of beef improves the color and adds richness to the flavor of the bouillon.

RICE BALLS.

Rice balls make a pretty company garnish for soup to be used instead of plain rice. Mash or stir down with a fork a

cupful of cold boiled rice, and mix with a batter made of one whole egg beaten, a tablespoonful of flour, with a seasoning of salt and a pinch of cayenne pepper. Stir smooth and make into balls not larger than a small marble. These are dropped into the soup just before it is sent to the table.

BEAN SOUP.

One cupful of beans, one quart of water, ham bone, one pint of milk, one-half teaspoonful of butter. Boil the beans fifteen minutes. Boil with the ham bone three hours. Rub through a gravy strainer, add hot milk until it is of the proper consistency, and add the butter. Serve at once.

CLAM-CELERY SOUP.

Ten clams chopped, one pint water, one pint milk, one tablespoonful butter, yolks of two eggs beaten, one-half single head of celery, chopped fine, and one very small onion, chopped fine, salt and pepper to taste. Rub butter and flour together, thickening the hot water with it. When cooked smooth, add celery and onion, cooking twenty minutes. If clams are fresh, add them, too, but if canned, only heat through. Just before serving, add milk, which has been heating in another dish, the yolks of eggs and seasoning, not allowing to cook.

CREAM OF FISH SOUP.

Rid cold cooked fish (fresh), of any kind of bones, fat and skin, and mince fine; season to taste. For each cupful of this allow two cupfuls of boiling water, in which a sliced onion has been boiled, and set over the fire to cook. Heat in another saucepan a cup of milk (not forgetting the pinch of soda).

When boiling stir into it a tablespoonful of butter, rubbed smooth with a teaspoonful of flour. Add half a cupful of bread dust, already soaked soft in the same quantity of cold milk. Beat well together over the fire with a raw egg whipped light, pour into a tureen, turn in upon it, stirring all the while, the boiling fish and water. As soon as it is thoroughly mixed send to the table.

CORN SOUP.

Half a can of cornlet, one teaspoonful of chopped onion, half a pint of water, one heaping tablespoonful of flour, one pint of milk, one teaspoonful of salt, one tablespoonful of butter, one pinch of white pepper, yolk of one egg. Cook the cornlet with cold water fifteen minutes; cook the onion in the melted butter until a light brown, add flour, seasoning, and the milk gradually, then add the cornlet. Strain and repeat. Beat the yolk of one egg, and put it in the soup tureen, pour the soup slowly over the egg, mix well, and serve immediately. The egg may be omitted. Corn may be chopped fine and used instead of cornlet.

GREEN PEA SOUP.

Half a pint or half a can of peas, one pint of water, one tablespoonful of butter, one tablespoonful of flour, a pinch of salt, a pinch of white pepper, half a teaspoonful of sugar, half a pint of milk or cream. Wash the peas and cook them in one pint of boiling water until soft, mash them with the water in which they were cooked, strain, and add the remainder of the liquid. Make a white sauce and cook until it is like thick cream. If the peas are fresh some of the pods may be cooked with them.

SPLIT PEA SOUP.

Half a cupful of split peas, one and one-half quarts of water, one tablespoonful of chopped onion, one heaping tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, a pinch of pepper, one and one-half cupfuls of milk. Wash the peas and soak them over night in one pint of cold water. In the morning drain and rinse thoroughly, add quart and a half of cold water and the chopped onion. Cook slowly until soft, rub through a strainer. Make a white sauce, add this liquid to it and cook until it is of the proper consistency. Cooking a small ham bone with the peas improves the flavor.



Oysters in Ice Cups.

Wafers. Celery.

Boned Turkey.

Baked Sweet Potatoes. Escalloped Tomatoes.

Mashed White Potatoes. Gravy.

Cranberry Sauce. Currant Jelly.

Bread and Butter.

Coffee.

Lettuce. Celery Salad.

Wafers.

Mince Pie. Cheese.

Coffee.

Raisins. Nuts. Candy.

FISH

FISH.

In selecting fish, choose those only in which the eye is full and prominent, the flesh firm and thick, the scales bright and stiff. Fish should be cleaned thoroughly before cooking.

COOKING IN DEEP FAT.

GENERAL RULES.

The fat used for cooking may be olive oil, cottonseed oil, cottolene, beef drippings, lard, or a mixture of several fats.

The food must be covered with crumbs and egg, or a batter, to keep it from absorbing fat.

Place the articles to be cooked in a bath of fat, deep enough to float them. The kettle should be of iron; a frying basket may be used.

Foods already cooked or needing little cooking, require a higher temperature than batters. The temperature of the fat for oysters, croquettes, fish-balls, etc., may be tested by browning a cube of bread while counting forty. Counting sixty while the bread browns gives the right temperature for all batters.

All the articles cooked must be drained on unglazed brown paper.

When one quantity of food has been taken from the fat, it must be reheated and tested before adding a second set.

In the absence of a frying basket, a wire spoon may be used to remove the food from the fat.

Fat which has been used for frying, should be cooled and clarified by cooking a few slices of raw potato in it for ten minutes; strain through muslin, and when cold cover. Fat may be used several times for frying and then may be made into soap.

CLARIFIED FAT.

Remove the tough outside skin and lean parts from beef fat (cod fat or suet), or pork fat, and cut the fat into small pieces. Put it into a saucepan and cover it with cold water. Place it on the stove uncovered, so that the steam may carry off the impurities. When the water has nearly all evaporated set the kettle back and let the fat slowly try out. When the fat is still and the scraps of skin are shriveled at the bottom of the kettle, strain the fat through a cloth and set it away to cool.

BAKED SHAD.

Get a small shad, stuff it with bread crumbs, salt, pepper, butter and parsley minced, and mix well with yolk of one small egg, beaten. Fill the fish with this dressing and sew it up or fasten a string around. Pour over it a little boiling water and some butter, or lay strips of bacon on the fish, and bake as you would a fowl. Garnish with parsley and lemon.

DRESSING FOR BAKED SHAD.

Boil up some of the gravy in which the shad was baked; put in a teaspoonful of catsup, a teaspoonful of browned flour which has been wet with cold water, juice of half a lemon, and half a wineglassful of cherry wine. Serve in a gravy boat

SHAD ROE.

Wipe the roe with a bit of cloth until dry; rub over it olive oil or melted butter; boil five minutes until well browned. It should be well cooked and of a light brown color when done; it is better to put the roe in salted water; the next day boil it as above. Cut it open; dip in flour and fry in hot pork fat.

BAKED WHITE FISH.

Thoroughly clean the fish; cut off the head or not, as preferred. Cut out the backbone from the head to within two inches of the tail, and stuff with the following: Soak stale bread in water, squeeze dry; cut in pieces a large onion, fry in butter, chop fine. Add the bread, two ounces of butter, salt, pepper and a little parsley or sage. Heat through, and when taken off the fire, add the yolks of two well-beaten eggs; stuff the fish rather full, sew up with fine twine, and wrap with several coils of white tape. Rub the fish over slightly with butter, just cover the bottom of a baking pan with hot water, and place the fish in it, standing back upward, and bent in the form of an S. Serve with the following dressing: Reduce the yolks of two hard-boiled eggs to a smooth paste with two tablespoonfuls of good salad oil; stir in half a teaspoonful of English mustard, and add pepper and vinegar to taste.

FISH COOKED IN WATER.

Steam fish over gently boiling water, or place it in a piece of muslin, sew or tie the edges together and put the fish into boiling water, boil five minutes, then add one tablespoonful of salt and cook at a lower temperature until done. Serve with a sauce.

FISH COOKED IN FAT.

Season with salt and pepper and cover with equal amounts of corn meal and flour, or crumbs and egg. Cook in deep fat or sauté. Drain on paper.

STUFFING FOR FISH.

Two cupfuls of bread crumbs, one-half teaspoonful of salt, one-eighth teaspoonful of white pepper, cayenne, one teaspoonful onion juice, one teaspoonful chopped parsley, one teaspoonful capers or chopped pickle, one-fourth cupful melted butter. Mix in the order given.

FRESH STURGEON STEAK.

Take one slice of sturgeon two inches thick, let it stand in hot water five minutes. Drain, put in a bowl and add a gill of vinegar, two tablespoonfuls of melted butter, half a teaspoonful of salt, a saltspoonful of black pepper and the juice of half a lemon. Let it stand six hours, turning it occasionally. Drain and dry on a napkin, dip in egg, roll in bread crumbs and fry, or rather boil, in very hot fat. Beat up the yolks of two raw eggs, add a teaspoonful of French mustard, and, by degrees, half of the marinade, to make a smooth sauce, which serve with the fish.

TO BROIL MACKEREL.

Grease a broiler well; place the fish over a good fire; brown on both sides; place on platter and season with a little butter and pepper; or place the fish in a buttered dripping pan, skin side down, baking a nice brown; this may be best in the above manner and add a few spoonfuls of rich cream.

BROILED FRESH MACKEREL.

When cleaned, wash and wipe dry. Split open, lay on buttered gridiron over a clear fire; sprinkle with salt and when brown turn the other side till quite brown. Place on hot dish with plenty of melted butter, and one tablespoonful cream. Serve immediately.

BROILED SPANISH MACKEREL.

Open the fish down the back and remove back bone; dry the fish well with a towel after washing it; salt it, and put on a gridiron over a clear fire, turning the flesh side down until it is brown, then turn it over; serve with melted butter and sliced lemon.

FINNAN HADDIE BROILED.

Wash well, soak half an hour in cold water; then for five minutes in very hot water. Wipe, rub with butter, and broil for fifteen minutes on brisk coals.

HOLLANDAISE SAUCE.

GOOD WITH BOILED FISH.

Beat one-half teacupful of butter to a cream; add the yolks of two eggs, juice of half a lemon, salt and a very little cay-

enne pepper. Put into vessel or a saucepan boiling water. Beat with an egg beater until it begins to thicken, then add a half-cup of boiling water, beating continually. When of consistency of thick custard it is done. It will require five or seven minutes to cook, if water boils hard.

SALMON IN A MOULD.

One small can of salmon, two eggs, two tablespoonfuls of melted butter, one quarter cupful of bread crumbs, salt and pepper, and one sprig of minced parsley. Rub the butter in the salmon, put the crumbs in the beaten eggs. Mix all thoroughly and add seasoning. Put into a buttered mould and steam one hour.

Sauce.—One-half cupful of hot milk thickened with one teaspoonful of corn starch; add one heaping teaspoonful of butter, liquor from the salmon, one egg, one tablespoonful of tomato catsup. Put the egg in last and very carefully.

OYSTERS AND MUSHROOMS.

Parboil one-half pint of oysters, strain and save the liquor. Cut the oysters fine and mix with half a can of chopped mushrooms. Mix the oyster liquor and mushroom juice with cream enough to make one pint; thicken with one tablespoonful of butter and three tablespoonfuls of flour. Season with salt, cayenne, and lemon juice. Add the oysters and the mushrooms and serve on toast.

To make icecups for oysters, fill baking powder cans half full of water and let them freeze. When you wish to use them, turn the frozen mould out on a plate, make a depression with a warm poker large enough to hold four or five oysters.

OYSTER COCKTAILS.

To a glass, six small blue points, two teaspoonfuls of lemon juice, one teaspoonful of Worcestershire sauce, two table-spoonfuls of catsup, a tiny pinch of salt, and a pinch of sugar. Serve cold in a sherbet cup or cocktail glass.

BAKED SALMON.

Open a can of salmon, add two well beaten eggs, one-half cup milk, four soda crackers broken in small pieces, pepper and salt. Pour into buttered granite pan and bake a light brown.

OYSTER PIES.

For each pie an individual tin pie-plate; butter and cover the bottom with a puff paste, as for pies. Lay on it six select oysters, or enough to cover the bottom; drop in bits of butter and season with a pinch of salt and plenty of pepper; spread over this an egg batter and cover with a crust of the paste, making small openings in it with a fork. Bake in a hot oven until the top is nicely browned.

OYSTERS STEAMED.

Wash and drain half a pint of counts; put them in a shallow pan and place in a steamer over boiling water. Steam until they are plump with the edges ruffled. Place in a heated dish, season with butter, salt and pepper and serve.

GRANDMOTHER'S SCALLOPED OYSTERS.

A layer of rolled crackers in the bottom of a well buttered pudding dish, and a layer of oysters drained; season with salt,

and pepper and bits of butter. Continue this way until the dish is full. Then pour over one large cupful of milk. Bake three-quarters of an hour.

LITTLE PIGS IN BLANKETS.

Roll each nice plump oyster in a very thin slice of bacon; pin with a toothpick; fry until bacon is brown; serve on very hot dish.

TURBOT.

One pint of milk, three tablespoonfuls of butter, two tablespoonfuls of flour, cooked together; season with salt and pepper, one teaspoonful of onion juice, and one sprig of minced parsley. Place in a baking dish a layer of shredded fish and the sauce alternately; sprinkle with bread crumbs and brown in a moderate oven.

EGG SAUCE.

One cup cream sauce or drawn butter, three hard boiled eggs; chop whites fine and add to sauce; grate yolks over sauce, or the yolks may be chopped by themselves, or rubbed through a sieve.

FRIED OYSTERS.

Select large oysters, wash and wipe them, remove pieces of shell, season with salt and pepper, roll in fine bread crumbs which have been dried, sifted, and seasoned, dip in beaten egg and again in crumbs. The egg should have one tablespoonful of water or oyster juice added to it. Fry one minute, drain, garnish and serve.

GRANDMOTHER'S CODFISH BALLS.

Place a half cupful of the fish in cold water on the back of the stove; when the water is hot pour off, and add more cold water until fish is fresh enough. Then pick it up. Boil and mash a few potatoes, mix fish and potatoes together while potatoes are hot, taking two-thirds potatoes and one-third fish. Use plenty of butter. Make into balls and fry in plenty of hot lard. Be sure to have the lard hot before putting in the balls.

FISH BALLS.

One-half cupful salt codfish, one and one-quarter cups of potatoes, one egg, one-half tablespoonful butter, one-eighth teaspoonful pepper. Wash the fish in cold water and break into small pieces; wash and pare the potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, drain and shake over the fire until dry; mash with a wire potato masher, add the beaten egg, butter and pepper, add more salt if needed and beat until light. Take up the moisture by spoonfuls, mould slightly, and slip them into the fat. Fry one minute, or until brown.

TO FRY FISH.

Clean the fish, wipe dry, rub a little salt inside and sprinkle with a little pepper after putting them in the pan, but never roll them in the flour; it is not necessary and does not improve them. Never allow fish to soak in the fat. The fat should be perfectly hot when the fish is put in and kept at the same temperature throughout the cooking. Fish may be fried in lard, butter or clarified dripping, but I prefer the latter, or, what

is better, the fat obtained by frying thin slices of salt pork, the quantity required depending upon the size and number of the fish, but a generous quantity is desirable. If a piece of bread dropped into the fat will instantly brown, it will be hot enough to put the fish in. All small fish are better fried.

TRIPE LYONS FASHION.

Cut one pound of cold cooked tripe into thin slices about an inch square and wipe very dry. Mince two onions and put them with three ounces of butter in a frying pan and brown slowly; when about half done put in the tripe and let fry for ten minutes; season with salt and pepper and three tablespoonfuls of vinegar. Serve very hot. Oysters may be added to this dish; cooking them only long enough to plump them.

SHRED CODFISH.

Flake very fine a half pound of very white, sweet codfish. Wash in two waters and squeeze as tight as possible. Put into a saucepan with a piece of butter as large as an egg, and two heaping spoonfuls sifted flour. Mix the butter, flour and fish thoroughly together, add very slowly two or three cupfuls boiling water, let come to a boil and serve. Add, if you choose, just before removing from the stove, an egg well beaten. A garnish of hard-boiled eggs is considered an improvement by some.

BROILED MACKEREL (FRESH).

Remove head and the dark skin from inside the fish, wash thoroughly and wipe dry. Butter the bars of the gridiron and broil the fish over a clear fire. When done, dip quickly

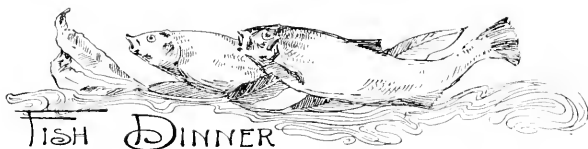
into hot water, and serve with a dressing made as for broiled salt mackerel. Slit the fish before broiling, so that when laid flat the backbone will be in the middle.

SAUCE FOR BROILED FISH.

Put a heaping tablespoonful of butter into a half cupful of cream, keep it hot, stir often, and when the fish is dished, turn the sauce over the fish and serve.

SAUCE TO SERVE WITH BAKED FISH.

Put into a double boiler one teaspoonful of butter. Beat into it the yolk of one egg, a pinch of salt and cayenne pepper, two tablespoonfuls of boiling water, and one teaspoonful of cider vinegar. Cook and stir until it is a little thick and add three drops of lemon juice. Keep very hot and closely covered. Serve a small portion with each plate of fish.



(Compliments of Donaldson's Tea Room, Minneapolis.)

Oyster Cocktail with Wafers.

Celery.

Clam Bouillon.

Bread Sticks. Celery.

Planked White Fish. Radishes.

Cheese Wafers.

French Chops with Jelly.

Mint Sherbet. Potato Balls. Vegetable Salad.

Rolls. Olives.

Lobster Salad.

Nut Bread Sandwiches.

Maple Frango. Assorted Cake.

Coffee.

Cheese. Wafers.

MEATS AND SAUCES

MEATS AND SAUCES.

In the selection of meat one should make it a point to understand how to buy meat. Beef should be smooth, fine grained, and a clear bright red, and should feel tender when pinched. The best pieces for roasting are the middle ribs and sirloin.

Veal should be firm and dry, fine grained and a pale pink color.

Pork should be young and break on being pinched. If the rind is tough and hard it is old.

In roasting meat allow fifteen minutes to the pound, and above all things have the oven hot before putting roast in.

It is a difficult matter to get roasts small enough for two people. An ordinary roast lasts quite too long to be enjoyable even though it can be used in various ways; as sliced cold meat; cut up in squares and warmed in the gravy and called "fricassee"; meat pie, croquettes, hash or hash on toast.

ROAST BEEF.

Get a rib piece or loin roast of four or five pounds, wipe it clean with a clean wet towel, baste it well with suet fat and

sprinkle with flour; lay it in pan, set in oven, baste often with its own drippings; when partly done sprinkle with salt and pepper; let it roast an hour and a quarter in a hot oven. Be sure that your oven is good and hot when you set the roast in. When done remove the roast to a heated dish, set in warm place; skim all fat from the drippings with a spoon or brown paper; add two teaspoonfuls of sifted flour, pepper and salt, and a half teacup of boiling water; boil up once and serve in gravy boat.

ROAST BEEF.

The smallest roast from the rib after it is rolled weighs from three to four pounds. Place in a dripping pan with a very little water in the bottom. Dredge with flour and put in a hot oven and bake according to the rules above, occasionally basting with the juices from the bottom of the pan, and when about half done plentifully salting.

POT ROAST OF BEEF.

Get a small pot roast from the rump and brown in an iron kettle before pouring water in and cooking. Boil very slowly till quite tender. Do not salt it till it is nearly done.

ROUND STEAK FRENCH ROASTED.

Get two pounds of choice round steak cut thick. Cut it into pieces about five inches square, put into an iron kettle and brown, being careful not to scorch it. Then pour in a little water and an onion cut in small pieces and let all stew slowly, renewing water when it boils away, until it is tender enough to cut with a fork. Brown flour by scorching it in a tin plate

on top of the stove and mix with a little cold water till free from lumps and use to thicken the gravy.

ROAST VEAL.

A small roast of veal from the loin is choicest, but a shoulder roast with a pocket for stuffing is also good. A two pound roast can be bought but from three to three and a half pounds is the best size. Bake till tender, basting when necessary.

ROAST LAMB.

A leg of lamb is too large for a small family unless it is real milk lamb, when it should be carefully roasted as it cooks quickly. Get a two pound piece of the shoulder of young lamb and ask the butcher to fix a pocket for stuffing. This is a very delicious roast.

ROAST SPARE RIB WITH DRESSING.

Have loin of pork cut with long ribs; season and put to roast; half an hour before it is done turn so the ribs will hold the dressing made as for turkey stuffing; fill with the dressing and finish baking; serve with apple sauce.

MINCED MUTTON AND EGGS.

Chop remnants of cold mutton, season well and add a good cupful of warmed gravy. Strew crumbs on the bottom of a buttered baking dish, pour in the mutton and cover with crumbs, and bake till bubbling hot; then break eggs enough over the top to cover the mince well, scatter bits of butter on the eggs, salt, pepper, and sift cracker crumbs over the top, and bake till the eggs are set.

BEEF TENDERLOIN BROILED.

Get one beef tenderloin. Wash and dry with a clean towel. Rub lightly with salt and pepper and broil very tender. A little before the meat is done, lay on each tenderloin two thin slices of bacon; broil to a nice brown. Serve on a heated platter garnished with lettuce or parsley.

BEEF TENDERLOIN BAKED.

Wash well one tenderloin, lay in a dripping pan; add one pint of water. Chop up one-half cupful of each of the following vegetables into small dice squares; potatoes, turnips, carrots, and half a bunch of celery. Wash and add to the meat and let the whole simmer half an hour. When nearly done, add one-half teaspoonful of pounded allspice and one tablespoonful of butter. When done, lay the meat on a heated platter, pour over the sauce and serve.

BROILED PORTERHOUSE STEAK WITH MUSHROOM SAUCE.

Take one-half can of mushrooms, drain off every drop of liquor; then put them in a sauce pan with one cup of sweet cream and one tablespoonful of butter, salt and pepper to taste. Let them simmer gently for ten minutes, and when the steak is ready to be served pour over the mushrooms.

PORTERHOUSE STEAK.

Get a pound and a half of porterhouse three-quarters of an inch in thickness, lay on four thin slices of bacon. Put into the broiler to broil. When done, season with salt and pepper, if served without the mushroom sauce. Remove

steak to a heated platter, salt and pepper on both sides and spread a liberal lump of butter over it. Serve at once.

HAMBURGER STEAK.

Take half a pound of round steak without any fat or bones or stringy pieces; mince it very fine. Mince one small onion and mix well with the meat. Season with salt and pepper, and make into cakes the size of a biscuit and quite flat. Have ready a frying pan with a teaspoonful of lard and one tablespoonful of butter and let it get boiling hot, then put in the steak and fry a nice brown on both sides. Garnish with parsley around the edge of the platter and slices of lemon on top of the meat.

TRIPE LYONNAISE.

Cut up half a pound of cold boiled tripe into squares. Put two tablespoonfuls of butter and one tablespoonful of chopped onion in a frying pan and fry brown; add to this a tablespoonful of strong vinegar, salt and cayenne. Stir to prevent burning. Cover the bottom of a heated platter with tomato sauce, add the contents and serve hot.

ROAST PORK.

Ask for a four pound rib roast. Wash well and rub surface with plenty of salt and sprinkle lightly with pepper and sage. Dredge with flour and bake in a hot oven for the first twenty minutes, after which pour one pint of boiling water in the pan and reduce the heat, allowing twenty minutes to each pound of meat. Baste often. Roast pork should be thoroughly cooked. Serve with baked, fried or stewed apples.

MEATS AND SAUCES

BAKED SAUSAGES.

One pound of pork sausages; arrange them on a baking sheet, pierce each a half dozen times with a steel fork and set in the oven. Turn once to brown, and when done they will be evenly cooked and unbroken. Pile the sausages on a heated platter and garnish with apples which have been cut in round slices, cored and pared and cooked in a weak syrup until tender but not broken. Serve at once.

PORK AND BEANS.

Pick over and wash carefully two cupfuls of beans, and let them soak in water all night. Wash and drain in another water, boil in cold water twenty minutes; stir in a half teaspoonful of baking soda and skim off the froth. Drain and pour beans in an earthen covered pot. Put in the center of the beans a quarter of pound of salt pork; score the rind in slices. Mix one pint of boiling water with half a teaspoonful of salt, one pinch of cayenne pepper, one tablespoonful of molasses. Pour this over the beans, set in a moderate oven, and bake for four hours, keeping the pot well covered. About an hour before the beans are done, remove the cover to brown the top and crisp the pork. When done, if beans are just right, the juice will show itself when the pot is tilted half way up. Serve in a deep dish, the pork on top, garnished with a few sprigs of parsley.

BREADED TONGUE.

Slice the cold cooked tongue thin, dip each slice into beaten egg, then in bread crumbs and fry a light brown. Make a tomato sauce, pour the sauce into a deep platter and lay the slices of fried tongue upon it. Serve at once.

POT ROAST.

Get a three pound pot roast. Trim the meat carefully. Put one tablespoonful of lard into the kettle and when boiling hot, put in the meat. Brown on all sides, then cover the meat with boiling water. Boil rapidly, skimming when necessary. Half an hour before the meat is done, cut a medium sized onion into slices and add it to the water in which the meat is boiling, together with a bay leaf, four cloves, six pepper corns, a half stick of celery, and a half inch of stick cinnamon. Place the meat in a deep platter when it is done, and spread it thinly with grated horseradish. Strain the liquor remaining in the kettle and make a brown sauce to pour over the meat. Dumplings are very nice served with a pot roast.

LIVER A LA CREME.

Get one pound of calf's liver. Wash and boil till very tender in salted water. Drain and chop fine. Make a cream sauce, add the chopped liver, bring to a boil and pour over buttered toast arranged in triangles on a hot platter. Fry thin slices of bacon and place a slice on top of each piece of toast.

DRIED BEEF A LA CREME.

Make a cream sauce and add to it the dried beef, cut fine. Season with pepper. When hot, add a well beaten egg, stir till it thickens and serve at once on toast.

CORNERED BEEF HASH.

Cut cold, cooked, corned beef very fine, and mix with twice the bulk of mashed potato. Add a shredded green pepper to every quart, season with salt and pepper. Serve on but-

tered toast with a poached egg on each portion and serve very hot.

BEEF STEW.

One pound of beef from leg, half an onion cut in slices, six tablespoonfuls of carrots cut in dice, a quarter of a cup of turnips cut in dice, two potatoes cut in one-half inch slices, half a teaspoonful of salt, a pinch of pepper, a quarter of a cup of flour, and one quart of water. Remove fat and cut the meat into one-inch pieces; put aside one-half cupful of the best pieces of meat. Put the rest of the meat and the bone into cold water and soak for one hour, then heat until it bubbles. Season the one-half cup of meat and roll it in the flour. Melt the fat in a frying-pan, remove the scraps. Brown the sliced onion and then the floured meat in the hot fat, add both to the stew and cook for one hour and a half at a low temperature. Add the vegetables and the flour, which has been mixed with half a cupful of cold water, and cook for one hour, or until the meat and vegetables are tender. Remove the bone, season and serve.

HAM OR TONGUE.

Put into cold water and heat gradually until the water bubbles; cook at a low temperature until tender. Remove from the fire and allow it to stand in the water in which it was cooked for one hour, take it out and draw off the skin. It may be served cold. A ham may be covered with fine bread crumbs and two tablespoonfuls of sugar, then placed in the oven one-half hour to brown.

THE PROPER RELISHES TO ACCOMPANY MEATS.

Roast Beef	Grated Horseradish
Roast Mutton.. ..	Currant Jelly
Roast Lamb	Mint Sauce
Roast Pork	Apple Sauce
Boiled Mutton	Caper Sauce
Boiled Chicken	Bread or Egg Sauce
Roast Turkey	Cranberry Sauce
Boiled Turkey	Oyster Sauce
Venison, Wild Duck or Game.....	Currant Jelly Sauce
Boiled Fish	Drawn Butter or Caper Sauce
Broiled or Baked Fish.....	Fish or Cream Sauce
Roast Goose	Apple Sauce
Broiled Fresh Mackerel.....	Stewed Gooseberries
Broiled Shad	Boiled Rice and Salad
Fresh Salmon	Green Peas and Cream Sauce
Beefsteaks or Warmed-over Meats.....	Brown Sauce
Broiled Steaks and Chops	Tomato Sauce
Small Roast Birds	Bread Sauce
Veal Cutlets and Fillets, Etc.....	Mushroom Sauce
Poultry and Boiled Fish	Oyster Sauce
Salt Fish	Maitre d'Hotel Sauce

CURRANT JELLY SAUCE.

One tablespoonful of butter, half a small onion chopped fine, half a tablespoonful of flour, one celery leaf, half a cup of stock, two tablespoonfuls of currant jelly; fry onion light brown in the butter; stir in the flour, browning slightly; add celery leaf and then the stock; simmer twenty minutes; strain, reheat and add jelly and stir until dissolved; then serve.

NASTURTIUM SAUCE.

Make sauce as caper sauce, using green nasturtium seeds instead of capers, and chop very much finer than capers.

CAPER SAUCE.

Half a cupful of drawn butter, half a tablespoonful of chopped capers, one teaspoonful of juice from the bottled capers; let it just simmer and serve.

CREAM OF SPINACH SAUCE.

Crush through a fine strainer the yolks of four hard boiled eggs. Put in a small stew pan with one tablespoonful of butter half a pint of cream, one salt spoon of salt and one of pepper. Stir it over the fire and let it become very hot but not boiling. Serve in a gravy boat.

MINT SAUCE.

Pour over a teaspoonful of chopped green mint half a cupful of boiling water. Add to this two tablespoonfuls of sugar, boil up, then add one teaspoonful of vinegar; boil up once more. Put in a cool place before serving.

BREAD SAUCE FOR CHICKEN.

One pint of hot milk, one onion, one tablespoonful of butter, one cupful of finely grated bread crumbs. Press cloves into the onion; add the hot milk and let it simmer for half an hour. Then add the butter and bread crumbs, stir until thickened. When ready to serve, take out the onion and cloves.

TOMATO SAUCE.

Put into a saucepan one-half pint of stewed tomatoes, one-half of a small onion, half of a bay leaf, and half a blade of mace, a pinch of minced parsley; simmer slowly for fifteen minutes. Melt one-half tablespoonful of butter, add to it two teaspoonfuls of flour, mix until very smooth. Press the tomatoes through a sieve, add them to the butter and flour, and stir until it boils. Season with salt and pepper to taste.

SAUCE TO SERVE WITH RAW OYSTERS.

One-half teaspoonful of pepper and one-half teaspoonful of salt, half of one onion grated, one dessertspoonful of Faron vinegar, one tablespoonful of olive oil, one-half teaspoonful of Worcestershire sauce, juice of half a lemon.

SAUCE TO SERVE WITH BAKED FISH.

Put into a double boiler one teaspoonful of butter. Beat into it the yolk of one egg, a pinch of salt and cayenne pepper, two tablespoonfuls of boiling water, and one teaspoonful of cider vinegar. Cook and stir until it is a little thick and add three drops of lemon juice. Keep very hot and closely covered. Serve a small portion with each plate of fish.

SAUCE FOR BROILED FISH.

Put a heaping tablespoonful of butter into a half cupful of cream, keep it hot, stir often, and when the fish is dished, turn the sauce over the fish and serve.

EGG SAUCE.

Boil three eggs very hard; when taken up, put them into cold water. Shell and chop the eggs rather fine, throw them into melted or drawn butter, beat well and serve.

SAUCE FOR BOILED MEATS.

Chop fine half of one onion and a small quantity of mixed pickles. Put these in a small stewpan with half a cup of vinegar, one teaspoonful of bread crumbs, a pinch of salt and pepper. Boil all together five minutes, then add one gill of water and boil ten minutes more.

BREAD SAUCE FOR GAME.

One cupful milk, three tablespoonfuls of fine white bread crumbs, small onion. Boil these together ten minutes. Take out the onion, season with one tablespoonful butter, salt, white pepper, to taste, and a suspicion of nutmeg or mace. Serve at once.

ROAST PORK.

The loin or chine, also the spareribs, are the best pieces for roasting. Rub surface well with salt, sprinkle lightly with sage and pepper, dredge with flour, and bake in a hot oven for the first twenty minutes, or until delicately browned, after which reduce the heat, allowing twenty minutes to each pound of meat. Baste often. Roast pork should be thoroughly cooked, not at so high a temperature as other meats, and is considered more wholesome when served cold. Serve with onion sauce, when served hot, and with baked, fried or stewed apples.

SAUSAGE WITH APPLE GARNISH.

Always buy the best sausages, as pork which is not of the best quality is not desirable or healthful. Two grades of seasoning are sometimes offered at the same price, one mild and the other highly spiced. Try baking instead of frying

sausage and you will never go back to the top of the stove method. Arrange the sausages on a baking sheet, pierce each a half dozen times with a steel fork and set in the oven; turn once to brown and when they are done they will be cooked evenly and unbroken. While any kind of pork should be well done, it should not be cooked until dry as a chip, as it is sometimes served. Pile the sausages on a platter in log cabin style and garnish with apples which have been cut in round slices, cored and pared and cooked in a weak syrup until tender but not broken. The sausage needs the acid of the apple to counteract its own richness in fat and spices, and if more convenient, serve stewed apple with it. Do not choke the sausage in a frying pan and then turn the apple in to absorb the grease as it cooks, unless the family have digestions of wood choppers in midwinter.

COTTAGE PIE.

Mince two cupfuls cold meat (any kind will answer), add to it one minced onion, one teaspoonful powdered sage and salt and pepper to taste. Turn all into a pie dish, add a little hot water and cover with a deep layer of mashed potatoes beaten light, with cream and seasoning added. A little sweet cream added to the meat is an improvement. Spread a little soft butter over the potatoes, and bake half an hour.

GERMAN MOCK RABBIT.

Mix a pound of raw chopped beef with an equal quantity of raw chopped veal. Season with salt, pepper, nutmeg, onion, thyme and chopped parsley. Add a cupful of dry bread crumbs and bind with four raw eggs, unbeaten. Shape into a loaf, cover with egg and crumbs, put into a baking pan

lined with slices of fat salt pork, and baste frequently. Serve in slices, either hot or cold.

BREADED TONGUE.

Slice the cold cooked tongue thin, dip in beaten egg, then in bread crumbs and fry brown. Make a tomato sauce according to directions previously given. Pour the sauce into a deep platter, lay the slices of fried tongue upon it, garnish with parsley and serve at once.

BEEF A LA BARCELONA.

Cut a pound of tender beef into small bits. Fry in butter, with a minced onion, a little celery or celery seed, some chopped parsley and a pinch of thyme. When brown, add enough stock to cover, using beef extract and water if stock is not at hand. Simmer slowly till the meat is cooked through, then add a spoonful of white wine. Make a mound of boiled rice in the center of the platter, arrange the meat around it, strain the sauce, thicken, and pour over it.

DRIED BEEF A LA CREME.

Make a cream sauce and add to it the dried beef, cut fine. Season with pepper but not salt. When hot, add a well-beaten egg, stir till it thickens and serve at once on toast. A very nice breakfast dish.

ROAST "SPAR'RIB."

Select carefully the loin and ribs of a "beastie" both fresh and young. Plunge it into scalding water, dry thoroughly and rub with a mixture made from salt, pepper, sage, minced parsley and onion juice. Bake in a hot oven, twenty minutes

to the pound, basting frequently with a quantity of cider in the pan. It should be roasted the day before, as it is much more wholesome when cold and is intended as a relish to turkey.

LIVER PATTIES.

Take one-half pound of calf liver, steamed or boiled and chopped fine, season with salt, pepper, catsup and Worcestershire sauce to taste, adding a little thick brown sauce. Serve in hot patty shells.

HOT TONGUE WITH TARTARE SAUCE.

Note—This meat is nice for company dinner, as it requires no special attention at the last moment.

Simmer a pickled beef's tongue five and one-half hours, changing the water once. One-half hour before serving, take the tongue out and peel it. Return to the hot liquid until ready to serve.

Sauce Tartare.—Add capers or cucumber pickles and olives, chopped, to salad dressing No. 1. Add no cream.

CREAM SAUCE.

One large tablespoonful of butter, one rounded tablespoonful of flour, one level teaspoonful of salt, one-fourth teaspoonful of white pepper. Stir these together and pour over the mixture one-half pint of hot milk. Cook just long enough to thoroughly mix the ingredients,—two or three minutes.



Cream of Corn Soup.

Celery. Bread Sticks.

Broiled Porterhouse Steak.

Mashed Potatoes. Mushrooms.

Gravy. Bread and Butter.

Coffee.

Tomato Salad.

Wafers.

Banana Ice Cream.

Cake.

GAME AND POULTRY

ROAST CHICKEN.

Have a bright, clear and steady fire for roasting. Prepare your chicken. Make a dressing of bread crumbs, onion chopped fine, butter, pepper and salt, and one-half cup of raisins, if liked. Put a pint of hot water in the dripping-pan, add to it a small tablespoonful of salt and a small teaspoonful of pepper. Baste frequently and let it roast quickly without scorching. When nearly done add a piece of butter the size of a large egg to the water in the pan; when it melts baste with it, dredge with flour, baste again and let it finish. From three-quarters to one hour will roast if the fire is right. When done take it up, let the giblets (heart, liver and gizzard) boil tender and chop fine. Put them in the gravy. Add a tablespoonful of browned flour and a bit of butter. Stir it over the fire for a few minutes, then serve in a gravy tureen.

ROAST TURKEY WITH OYSTER DRESSING.

Dress and rub the turkey thoroughly both inside and out with salt and pepper; steam two hours, or until it begins to grow tender, lifting the cover occasionally and sprinkling with salt. Then take out, loosen the legs, and rub the inside again

with salt and pepper and stuff with a dressing prepared as follows: Take a loaf of stale bread, cut off the crust and soften by placing in a pan, pouring on boiling water, draining off immediately and covering closely; crumble the bread fine, add half a pound of melted butter, or more if to be very rich, and a teaspoonful of salt and a teaspoonful of pepper, or enough to season rather highly; drain off liquid from a quart of oysters, bring to a boil, skim and pour over the bread crumbs, adding the soaked crusts and one or two eggs. Mix all thoroughly with the hand, and if rather dry moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in a spoonful of stuffing, and then three or four oysters and so on, until the turkey is filled; stuff the breast first. Flour a cloth and place over the openings, tying it down with a twine; spread the turkey over with butter, salt and pepper. Place in a dripping-pan in a well-heated oven, add half a pint of hot water, and roast two hours, basting often with a little water, butter, salt and pepper, kept in a tin for this purpose and placed on the back of the stove. A swab made of a stick with a cloth tied on the end is better than a spoon to baste with. Turn until nicely browned on all sides, and about half an hour before it is done baste with butter and dredge with a little flour. This will give it a frothy appearance. When you dish the turkey, if there is much fat in the pan, pour off most of it and add the chopped giblets previously cooked until tender, and the water in which they were cooked; now stew down to about one pint; place one or two heaping tablespoonfuls of flour (it is better to have half of it browned) in a pint bowl, mix smooth with a little cream, fill up bowl with cream or rich milk, and add to the gravy in the pan. Boil several minutes, stirring constantly, and pour into the gravy tureen. Serve with currant or apple jelly. A

turkey steamed in this way does not look so well on the table, but is very tender and palatable. It is an excellent way to cook a large turkey.

BONED TURKEY.

With a sharp knife slit the skin down the back, and, raising one side at a time with the fingers, separate the flesh from the bones with a knife until the wings and legs are reached. Then unjoint from the body, and cutting through to the bone, turn back the flesh and remove the bones. When the bones are removed the flesh may be reshaped by stuffing. Some leave the bones in the legs and wings, as they are the most difficult to remove. Stuff with force meat made of cold lamb or veal and a little pork chopped fine and seasoned with salt, pepper, sage or savory, and the juice of one lemon. Sew into shape, turn ends of wings under and press the legs close to the back, and tie firmly so that the upper surface may be plump and smooth for the carver. Lard with two or three rows on the top, and bake until thoroughly done, basting often with salt and water and a little butter. Carve across in slices and serve with tomato sauce or meat jelly for boned turkey.

MEAT JELLY FOR BONED TURKEY.

Take oil from the water (when cold) in which the turkey was boiled, strain into a porcelain kettle, add two ounces of gelatine, three eggs with shells, a wineglassful of sherry or Madeira; stir well. Add one quart of strained liquor, beat rapidly with an egg beater, put over the fire and stir till it boils; simmer ten or fifteen minutes, sprinkle with a pinch of turmeric and strain as other jelly. Add lemon juice to taste. When cold break up and place over and around turkey. Cut in thick slices and fanciful shapes with paste cutter.

PRAIRIE CHICKEN.

The flesh is dark but exceedingly tender, the breast is all that is good in serving; when roasted, being dry, should be larded.

PRAIRIE CHICKEN.

Dress and stuff as for roasting; line bottom of kettle with a few slices of pork; lay chickens in kettle; put in about one quart of water. Cover and steam for about an hour, then remove the cover and let the chickens brown on all sides. Remove to a platter and garnish with parsley; remove the pork from the kettle and if too much fat remains take out some; add water, and thicken with browned flour. Season and send to the table in gravy tureen.

PRAIRIE CHICKEN.

Cut the chicken up as for fricassee, put in a dripping-pan with plenty of butter, sprinkle with flour, pepper and salt. When it begins to brown add a little water, adding more from time to time, turn occasionally, and bake about an hour. A nice gravy to serve with this can be made by adding more flour to drippings when the chicken is taken up and thinning with rich milk or cream.

FRIED SPRING CHICKEN.

Clean and joint the chicken, then soak in salt water for an hour. Have a frying pan ready with equal parts of lard and butter enough to cover the chicken. Roll each piece of chicken in flour, dip in beaten egg, drop into boiling hot fat. Fry until brown on both sides. Serve on heated platter, gar-

nished with parsley. Pour most of the fat from the pan, and thicken the remainder with browned flour, and add one cupful of hot milk. Serve in gravy boat.

CHICKEN STEAMED.

Rub the chicken, after being thoroughly washed and cleaned, with pepper and a teaspoonful of salt, wrap the chicken in a clean white cloth, place in a steamer as near the water as possible, cover, and steam two hours. Serve with a cream sauce or gravy. Boil two cupfuls of the liquor from the kettle without the fat, add a pinch of cayenne pepper and two pinches of salt. Stir two tablespoonfuls of flour into one cupful of sweet cream until smooth, then mix with the gravy. Add one pinch of nutmeg, with one teaspoonful of lemon juice. Garnish with celery and thin slices of lemon.

CHICKEN CROQUETTES.

A half cupful of minced chicken, add salt and pepper to taste, and enough gravy thickened with flour to mould into egg-shaped rolls. Sprinkle well with bread crumbs, and brown in a heaping teaspoonful of hot butter in an uncovered dish. When a nice brown, remove croquettes to a hot dish. Add to the butter left in the pan one teaspoonful of soaked bread crumbs and four tablespoonfuls of heated milk, boil until thick enough to spread evenly, add the seasoning you like. Serve with a sprig of celery on each croquette, and serve at once.

PIGEON BROILED.

Clean and wash two birds, split down the back, lay on a hot buttered gridiron with the bone sides toward the fire.

Baste with melted butter, keep covered, broil twenty minutes slowly; turn a few minutes before it is done, then dust with salt and pepper. Lay on buttered toast, add butter and the juice which escaped while broiling. Serve on a heated platter garnished with celery.

GERMAN MOCK RABBIT.

Mix a half pound of raw chopped beef with an equal quantity of raw chopped veal. Season with salt, pepper, nutmeg, onion, thyme and minced parsley. Add a half cupful of dry bread crumbs and bind with two raw eggs, unbeaten. Shape into a loaf, cover with eggs and crumbs, and put into a baking dish lined with slices of fat salt pork, and baste often. Serve in slices, either hot or cold.

SMOTHERED CHICKEN.

Select a fine Philadelphia dry picked, young roasting chicken, weighing about four pounds; singe it and cut off the head and feet, then split it down the back as if for broiling. Clean it, reserving the heart, liver and the gizzard. Put some butter in a deep pan and melt it so the bottom is well covered, then lay in the chicken skin side up. Cover it well with little pats of butter, season it well with salt and pepper, pour in a half pint of boiling water, cover the pan tight and stand it in a moderate oven. Let the chicken cook one hour, then lift the cover and pour in a half pint of cream. Cover it again and let it cook another hour, then serve.

PIGEON ROASTED.

Clean and stuff the birds the same as for roasted chickens. Rub them well with butter, rub with salt and lay on slices

of bacon in a dripping pan, with one cup of boiling water. Bake twenty-five minutes in a hot oven, basting very often, and turning them that they may brown well on both sides. Serve on a bed of water cresses, with giblet gravy and currant jelly.

TO COOK QUAIL.

Cut the quail in half; salt, with a little onion juice to flavor; when nicely browned add one pint of Burgundy wine; simmer ten minutes; two tablespoons espagnole; then add eight large oysters and four mushrooms; drop the oysters in so as not to cook too much; season with salt, lemon juice and a dash of cayenne, and serve hot.

SMALL BIRDS BROILED.

After dressing the birds, wipe dry and split down the backbone, rub with melted butter, sprinkle with pepper but do not salt. Lay on hot broiler over a clear bed of coals; turn three or four times and cook until both sides are nicely browned; take up on hot platter and sprinkle with salt, and pour over each half one-half teaspoonful of melted butter; lay two sprigs of cress on each half and serve.

BELGIAN HARE.

Cut up the hare and fry quickly; put in sauce pan water or stock enough to boil, season with six cloves, six allspice, and pepper-corn, one bay leaf and half of one lemon, one-half cup vinegar, and boil until tender; take out the meat, thicken the stock with flour and butter mixed; boil and strain over the hare; serve with croutons fried in butter.

WILD DUCK.

Make a dressing of veal, mushrooms and bread chopped fine; soak the bread in cold water for a little time and mix with mushrooms and veal; season with pepper and salt and a little garlic to suit the taste; remove all the breast of the duck on either side; spread the dressing on the breast and roll it up and tie it; place it in a pan with a little butter, and salt, bake until it is nicely browned; one-half cup of Rhine wine and let it simmer two minutes; cover with espagnole sauce; cook slowly forty minutes, and serve hot with croutons.

CHICKEN STEW WITH DUMPLINGS.

Cut up the chicken and wash in salt water, put in a stew pan with one cupful of boiling water and a small piece of salt. Stew slowly. If a young fowl, it will only take an hour to cook. About fifteen minutes before serving add salt and a little water to the stew, let come to a good boil, then drop in the dumplings made of biscuit dough. Cover tightly, watch that the gravy does not burn. Serve the chicken on a heated platter with the dumplings around it and the gravy poured over the chicken.

CHICKEN LOAF.

Get a four or five pound chicken trussed as for roasting, but not stuffed. Cook in as little water as possible until the meat drops from the bones; then remove the skin, fat, gristle and bones, and put all back into the kettle. Add plenty of butter and salt, pepper and celery salt to taste, and a teaspoonful of vinegar or lemon juice. Heat thoroughly. Slice one hard boiled egg into bottom of a plain oblong mold and

pour in the hot chicken. Be careful not to have too much liquor or the meat will not remain at the bottom of the mold. Set away to cool. When cool and hardened, serve on a platter garnished with lettuce and olives.

MOCK DUCK.

Cut a thick slice of round steak, remove fatty rim and bone, rub the steak well on both sides with flour mixed with salt and pepper, prepare a bread dressing as for turkey stuffing, cover the steak with a thick layer of dressing; roll up, tie with string; boil slowly an hour and a half in a tightly covered kettle, with just enough water so the meat will roast down, the last twenty minutes; remove the meat and take off string carefully; add butter size of small egg to gravy; thicken and pour over meat; this can be baked, but is dryer if so cooked.

A SUBSTITUTE FOR MEAT (MOCK TURKEY).

One-half pound of bread or cracker crumbs, one-quarter pound of butter, one-quarter pound nut meats, season, salt and pepper to taste, one egg, one pint water (hot), put bread and butter in chopping bowl, pouring over the water very hot; chop very fine; add egg and season and mix very thoroughly; grease pudding pans and scatter around some cracker crumbs; put in mixture and bake one hour; serve on hot platter with brown sauce; cook together one tablespoon butter and one of flour, and one cupful water; boil till thickened and season to taste.

ROAST DUCK.

Wash and dry the duck carefully. Make a stuffing of bread, onion, pepper, salt and butter; insert, and sew up completely that the seasoning may not escape. If tender, ducks do not require more than an hour to roast; keep them well basted, and a few minutes before serving dredge lightly with flour to make them froth and look plump. Send to the table hot, with a good brown gravy poured, not around, but over them. Accompany with currant jelly and, if in season, green peas.

ROAST QUAIL.

Clean the quail, wash them in soda and water. Cleanse again with clear water and wipe dry. Put two oysters inside each quail, sew up and arrange them side by side in a baking-pan. Pour a little boiling water over them, cover and roast half an hour, basting often with butter. Serve upon pieces of fried toast laid on a hot dish. Make a gravy and pour a spoonful over each.

SPICED RABBIT.

Cut up the rabbit after it has been very thoroughly cleaned and laid in salt and water for about an hour. Pour some vinegar over it and let it remain in the pickle over night. Then put a lump of fresh butter about the size of an egg into a deep stew-pan, cut up an onion in it, adding one bay leaf, about one dozen pepper corns and part of a celery root. Lay the rabbit in this stew, adding part of the vinegar that the rabbit was pickled in and salt slightly before stewing. When tender, thicken with flour that has been browned in a spider with butter.



Cream of Tomato Soup.

Bread Sticks.

Roast Duck, Filling Seasoned with Onion.

Creamed Celery. Stuffed Potatoes.

Apple Sauce. Grape Jelly.

Bread and Butter.

Watercress and Apple Salad.

Wafers. Cheese.

Central Sundae.

Fancy Wafers.

Coffee.



Fruit Cocktail. Fancy Wafers.

Cream of Tomato Soup.

Bread Sticks. Celery.

Smothered Chicken.

Mashed Potatoes. Creamed Parsnips.

Peas. Olives.

Rolls.

Fruit Salad.

Fancy Wafers. Cheese.

Peach Ice Cream.

Macaroons. Cake.

Salted Almonds.

Coffee.

VEGETABLES

CANDIED SWEET POTATOES.

Boil sweet potatoes until just done. Peel and lay them in a shallow pan. Sprinkle them with brown sugar and bits of butter. Put the pan in the oven and let the potatoes slightly brown.

SNOW POTATOES.

Boil and mash the potatoes. Season with butter, pepper, salt and cream. Then run them through the potato ricer.

RICE CROQUETTES.

One-half cup rice, three-fourths teaspoonful salt; cook until tender and dry. While still lukewarm add to each cup of boiled rice one-half egg, a speck of white pepper and a bit of butter. Mould and set away to cool. Roll in egg, then in fine bread crumbs and fry in deep fat one minute. Make in shape of pyramid.

BRUSSELS SPROUTS CREAMED.

Wash and throw a cupful of sprouts into water. Simmer until tender, which takes about three-quarters of an hour. Drain off the water and pour over them a cream sauce.

STUFFED POTATOES.

Bake four medium sized potatoes. When done, cut lengthwise in half, scoop out the inside, mixing it with butter, pepper, salt and two tablespoonfuls of cream; beat until light, return to the shell of the potato. Place them again in the oven until ready to serve.

SPRING VEGETABLES.

The tender rhubarb which is one of spring's first offerings, goes very well with roast lamb or any other meat course for dinner. It is much more delicious if cooked without water, as the stem itself contains plenty of juice. Peel the stalks, cut them into pieces an inch long and put them into the upper part of a double boiler with sugar. Since it is to be served as a vegetable it will not need so much sugar as when used as a sauce, a half cupful being sufficient.

Dandelion greens is usually the first delicacy of the season for the women in the country. To avoid bitter taste the leaves must be parboiled in hot water and rinsed in cold water after each draining. Then they are boiled for fifteen minutes, or until tender. Drain them, run cold water over them and chop them fine. Just before serving, heat them in a frying pan with a little butter, salt and pepper. Send them to the table with the top garnished with hard-boiled eggs.

ASPARAGUS.

Asparagus is another of the early spring vegetables, and to this plant has been ascribed many medicinal qualities. The wise housewife never throws away the tough lower ends of the stalks, but cuts them up into short lengths, stewing them

tender, and saves the juice to flavor her next soup. To bake the asparagus, cut the tender ends of the stalks into inch-long pieces and cook them about fifteen minutes. Drain them and save the water in which they are cooked for the soup kettle.

Arrange the asparagus in alternate layers, in a buttered baking dish, with fine bread crumbs, bits of butter, salt and pepper and dice-shaped pieces of hard-boiled eggs. Sprinkle the top of the dish with buttered crumbs and bake twenty-five minutes. Send to the table in a baking dish.

BAKED CABBAGES.

Get a small firm white cabbage, clean and boil for fifteen minutes, then change the water and add more boiling water. When the cabbage is very tender drain and set aside to cool. When it is perfectly cold, chop fine and add two well beaten eggs, a tablespoonful of butter, salt and pepper to taste, and three tablespoonfuls of cream. Stir all well together, and bake in a well buttered pudding dish until brown. Serve very hot. This dish is very digestible.

CREAMED PARSNIPS.

Boil tender four parsnips, scrape and slice lengthwise. Put in a saucepan, add two teaspoonfuls of butter, salt and pepper, and a little minced parsley. Shake until the mixture boils. Dish the parsnips, add to the sauce two tablespoonfuls of sweet cream in which has been stirred a teaspoonful of flour. Let come to a boil and pour over the parsnips. Serve hot.

BOILED ONIONS.

Select as many onions as required. (The white silver

skins are the best species). Peel off the outside and cut off the ends, and put in cold water in a stewpan, and let them scald three minutes; then turn off the water, pour on cold water salted a little and boil slowly until tender, which will take about thirty minutes or longer, according to size of onions. When tender drain and dry. Pour over them a tablespoonful of melted butter. Sprinkle with salt and pepper and serve.

STEWED ONIONS.

Select four nice onions, boil the same as boiled onions. When quite done drain off all the water. Add half teacupful of milk, butter the size of a large walnut, salt and pepper, a heaping teaspoonful of flour stirred to a cream with a little milk. Let all boil up once and serve in a vegetable dish.

BAKED ONIONS.

One large Spanish onion, wash and clean, but do not peel. Put into a saucepan with slightly salted water. Boil forty-five minutes, replacing with more boiling water as it evaporates. Pour off water and lay the onion on a cloth to dry. Roll onion in a buttered tissue paper, twisting it at the top, and bake in a slow oven three-quarters of an hour, or until tender all through. When tender, peel and place in a small deep dish and brown slightly. Baste with melted butter for ten minutes, season with salt and pepper, and pour over onion one spoonful of melted butter.

LIMA AND KIDNEY BEANS.

One-half pint of beans, put them into boiling water, a little more than enough to cover them, and boil till tender.

Serve with butter and salt upon them, or cream them by mixing a teaspoonful of flour with milk till thick, then add a little parsley, and stir into the beans, adding a cup of milk. This makes a very fine dish.

BAKED BEETS.

Wash and clean three or four beets, put into oven and bake three-quarters of an hour in a hot oven, turning them often with a knife to keep the juice from running out as it would if a fork were used. When done, remove the skins and serve with butter, salt and pepper on the slices.

GREEN PEAS.

Get half a peck of peas, shell them and wash in cold water. Put into kettle and pour boiling water over them, just enough to cover them. Boil twenty-five minutes, at least till the liquor is nearly boiled out; season with salt and pepper and a tablespoonful of butter. Serve very hot.

STEWED GREEN PEAS.

The same amount as above, shell and wash; put into a saucepan with boiling water and boil until very tender. Drain in a colander. Melt a heaping teaspoonful of butter in one of flour; stir well and add to the peas, and boil eight minutes.

SCALLOPED TOMATOES.

Butter the sides of a small pudding-dish, put a layer of breadcrumbs in the bottom, on them put a layer of sliced tomatoes, sprinkle with salt and pepper, adding bits of butter and a little white sugar sprinkled over. Repeat until the

pan is full, having the top layer of sliced tomatoes with bits of butter on each slice. Bake in a closely covered dish till thoroughly cooked through. Remove cover and brown quickly. Serve hot.

BAKED TOMATOES.

Peel and slice four tomatoes a quarter of an inch thick, place in layers in a pudding-dish, seasoning each layer with salt and pepper, bits of butter and a sprinkling of white sugar. Cover with a lid, and bake half an hour. Remove the lid and brown ten minutes. Just before serving, pour over the top three tablespoonfuls of whipped cream with melted butter.

STEWED TOMATOES.

Select four nice, ripe tomatoes, pour boiling water over them and let them remain in the boiling water a few minutes; peel off the skins, put in a graniteware saucepan, and stew about twenty minutes; add a heaping teaspoonful of butter, salt and pepper, letting them stew ten minutes longer. Serve hot.

CREAMED PARSNIPS.

Boil a dozen parsnips until tender. Make a drawn butter sauce as follows: In a small pan thoroughly mix a tablespoonful of butter and two tablespoonfuls of flour. Add a cupful of hot water and set over hot water until melted. Boil up once and pour over parsnips which have been drained. Serve very hot.

GREEN CORN—BOILED.

Select four nice ears of corn. Strip off the husks and re-

move all the silk; put into boiling water and boil twenty-five minutes. Serve on a heated platter covered over with a large table napkin.

GREEN CORN—ROASTED.

Strip off all the husks from the corn and roast on the gridiron over a bright fire of coals, turning it as one side is done. Serve with salt and butter.

CORN FRITTERS.

Green corn left over makes a nice lunch dish. Cut the corn from the cob. Put into a bowl one-half cupful of corn, half cupful of milk, quarter cupful of flour, one small egg, pinch of salt, and a quarter of a teaspoonful of butter. Mix well into a thick batter, and fry in small cakes in very hot butter. Serve with plenty of butter and powdered sugar.

STUFFED EGG PLANT.

Get a very small egg plant, cut in two; scrape out all the inside and put into a saucepan with a little minced ham. Cover with water and boil till very tender; drain off the water; add two heaping teaspoonfuls of grated crumbs, one tablespoonful of butter, half a small onion minced; pinch of salt and a dash of pepper. Stuff each half to the hull with the mixture. Add a small lump of butter to each and bake fifteen minutes. Serve hot.

FRIED RAW POTATOES.

Peel six good sized potatoes very evenly and cut them in slices as thin as an eggshell. Put into a frying pan one teaspoonful of butter and one of lard, and as soon as it boils add

the sliced potatoes, sprinkling them over with salt and pepper. Cover them with a close-fitting lid, letting the steam partly cook them. Remove the lid and then fry gold in color, shaking and turning them very carefully with a wooden ladle, so as to brown equally and not break the slices.

LYONNAISE POTATOES.

Take four to five good sized cold-boiled potatoes; slice endwise and crosswise, making them in small squares. Heat a tablespoonful of butter in a frying pan; fry in it half a small onion chopped fine, and fried till it changes color, (not a brown but a yellow color). Then put in your potatoes, sprinkle with salt and pepper, stir well with a wooden ladle and cook fifteen minutes. Drain dry by shaking in a heated colander, taking care not to break them. Serve hot.

POTATOES A LA MARYLAND.

Boil four sweet potatoes with their skins on; peel, cut in halves, lay in a shallow tin and cover with sweet cream. Add a little salt and a large piece of butter to each slice. Put into hot oven and bake a rich brown.

BAKED SWEET POTATOES.

Boil, peel and slice four sweet potatoes; put in layers in the baking dish, covering each layer with brown sugar and pieces of butter. Bake in a moderate oven till a nice brown.

BAKED SWEET POTATOES.

Brush clean four good sized sweet potatoes. Bake in a hot oven a good half hour, or until they are done. When thoroughly baked they feel soft and yielding when pressed with the fingers. Try them often with a fork while baking.

BEETS.

Wash and cook whole until tender; leave two or three inches of the top on until they are cooked. Put in cold water, pare, slice, reheat, and add seasoning. They may be served cold with vinegar.

CABBAGE AND CAULIFLOWER.

Cut cabbage into quarters and soak in cold water one-half hour. Chop the leaves, and cook in boiling water until tender. Drain and serve with butter, salt and pepper, or with a white sauce. Cook cauliflower whole and in a bag to keep its shape.

SPINACH.

One-half peck spinach; pick leaves from the stems, and wash carefully to remove the sand. Cover and cook until tender, chop fine or press through a colander; reheat with two tablespoonfuls melted butter and seasoning. Serve garnished with two hard cooked eggs. Old spinach should be cooked in boiling water.

STEWED POTATOES.

Slice very thin a heaping cupful of cold baked potatoes; dredge with a teaspoonful of flour, a pinch of salt, and sprinkle with pepper. Put two teaspoonfuls of butter in a saucepan with a half cupful of fresh, rich milk, and when hot add the potatoes; stir once, and cook ten minutes without further stirring. The slices should lie in the gravy unbroken.

POTATOES BROWNEED.

Take seven potatoes and mash them the same as mashed potatoes. Lay into the dish they are to be served in, smooth

over the top and brush over with the yolk of an egg. Set in oven to brown; it will brown in ten minutes if the oven is hot.

POTATO PUFFS.

Prepare four large potatoes the same as mashed potatoes. While hot shape into balls the size of an egg. Have a tin dish well buttered and place the balls in it. As soon as they are done brush over with beaten egg. Brown in oven. When done, slip a knife under them, removing to a hot platter, bedded with parsley. Serve at once.

MASHED POTATOES.

Take seven good sized potatoes; wash and pare, and lay them in cold water thirty minutes; then put them into a saucepan, cover with water and a large pinch of salt. Boil until thoroughly tender. Drain off the water and mash them fine. Have ready a piece of butter the size of an English walnut melted in a little hot milk and a pinch of salt. Mix this well with the mashed potatoes until they are nice and smooth, taking care they are not too wet. Heap them up in a vegetable dish, smooth over the top, put a small piece of butter on top in the center and have dots of pepper here and there. Make it a point always to have your dishes hot and serve hot.

CREAMED ASPARAGUS.

Cut only the very tender part of the stalks into inch pieces; boil until tender in as little water as can be used and prevent burning; drain off the water, season with salt and pepper; pour into the cooking dish a cup of thin cream or sweet milk,

and thicken with a tablespoonful of butter rubbed smooth with a tablespoonful of flour; boil up until sauce is smooth, and serve.

CREAM OF SPINACH.

Wash and clean thoroughly half a peck of fresh spinach. Throw it into five quarts of salted boiling water in an uncovered saucepan, boil for twenty-five minutes. Drain it on a colander; when cool squeeze all the water out of it. It must be cooled quickly by pouring cold water over it, for the tin of the colander will spoil it. Chop it as fine as possible, then put it in a saucepan with one tablespoonful of butter, cook slowly for six minutes till dry, stir often. Sprinkle over it one teaspoonful of flour and mix well; add half a pint of rich cream. Season with salt and pepper to taste, cook again slowly for ten minutes. Remove from fire and add one tablespoonful of butter. Serve in a hot vegetable dish and garnish with sliced hard boiled eggs.

CREAMED CABBAGE.

Chop half of a small cabbage and boil until tender and the water is nearly or quite boiled away. Cover with milk, season with salt, pepper and butter and serve.

FRIED CUCUMBERS.

Pare cucumbers and cut into thick slices; dip into beaten egg which has been seasoned with salt and pepper, then roll in fine cracker crumbs and fry in frying pan a light brown.

VEGETABLES

CABBAGE SLAW.

To one cup of cabbage chopped fine, add this dressing: Make a dressing with one egg beaten up well, and three table-spoonfuls sugar, a pinch of salt, about half a pint of vinegar, all beaten well together, then put on fire and cook till it just boils, stirring all the time, as it will curdle if too sour. (Add a little water to vinegar.) Cool this well, pour over slaw, and serve.

BUTTERED RICE.

Throw a cupful of raw rice into two quarts of boiling water, slightly salted. Boil fast for twenty minutes, or until each grain is softened—not broken. Drain in a colander and set in open oven to dry while you heat a tablespoonful of butter in a frying-pan; drop in a teaspoonful of grated onion, stir to a hissing fry. Now turn the dried rice into the hot butter, toss lightly for a minute, seasoning to taste with pepper and salt, and serve in a deep dish.

FRIED EGG PLANT.

Pare and slice, put in salted water; leave in long enough to extract all bitterness; wipe each piece dry. Dip in beaten egg and fine crackers, crumbs or corn meal; sprinkle with a little pepper and fry in hot fat; serve while hot.

FRIED EGG PLANT.

Choose medium-sized egg plants; slice a quarter of an inch thick and let stand for a half-hour in cold, salted water; dry on a cloth and dip in egg, then in fine crumbs; dip again in egg and crumbs and fry a rich brown. They may be peeled

before frying, or after frying the skin readily peels off. Do not remove from the salt water until just as you are ready to fry, as they turn black quickly.

FRIED PARSNIPS.

Scrape roots carefully; boil in salted water until tender. Cut into long slices, dredge with flour and fry quite brown in butter and dripping mixed.

STEWED PARSNIPS.

Scrape roots and slice across; cook in as little water as possible, as the sugar of the vegetable goes into the water and is thrown away if much water is drained off; watch carefully to prevent burning, and when the water is cooked away add butter, salt, pepper, and milk enough to cover. Thicken with a little flour.

PARSNIP PATS.

Boil parsnips until tender enough to press through a sieve. Season with salt and pepper, add one beaten egg; form into small pats and fry a delicate brown.

CREAMED TURNIPS.

Cut turnips into small dice; boil in salted water, drain, pour on milk to cover. Thicken with a little flour, moistened with milk. Season with butter, salt and pepper.

CREAMED CARROTS.

Slice new carrots and boil until tender in salted water; use as little water as possible and prevent burning, so that the

sweetness will remain in the vegetable, and not be thrown away in the water. Prepare a cream of two tablespoonfuls butter rubbed into two tablespoonfuls flour, and one pint of boiling milk or thin cream poured over it. Let all boil up once with the carrots. Sprinkle chopped parsley over the dish just before sending to the table.

BAKED SQUASH IN THE SHELL.

Cut hubbard squash into pieces about four inches square; lay in baking pan, pepper and salt each piece, and put a lump of butter in the center of each. Bake until tender and serve in the shell just as it comes from the oven.

TO COOK SUMMER SQUASH.

Cut the squash in pieces and put in a cheesecloth bag; boil in salted water until done. Then remove the bag and hang up to drain. When it has drained well put in the colander, leaving the bag still closed; with a potato masher press out the rest of the juice. Open the bag, turn the squash into a basin and mash any remaining lumps. Season with butter, pepper and salt, heat, and serve.

GREEN PEAS.

Use green peas as soon as possible after picking, as they lose their sweetness rapidly. Shell, wash and boil twenty minutes, having all the water boil away if possible; unless the peas are very young and tender, it is best to add a teaspoonful of sugar to the water in which they are boiled. Season with salt, pepper, butter, milk or cream. Heat the milk to the boiling point and serve.

CANNED PEAS.

Drain the peas in a colander and rinse off all the liquor with cold water. Put in basin with two or three tablespoonfuls of water, just enough to heat the peas and keep them from scorching; when well heated, add a cup of rich milk, butter, pepper and salt. Let just come to a boil and serve. A teaspoonful of sugar added to the peas when boiling is a great improvement. A good brand of peas prepared in this way will be nearly equal to the fresh vegetable.

GREEN PEAS WITH NEW POTATOES.

Cut two thin slices of fat, salt pork into small dice; fry a little in the bottom of kettle in which you are to cook the vegetables. Add about a quart of small, new potatoes and a pint or more of green peas. Season with salt and pepper; when tender turn off all the water, except about half a cupful. Add a cup of milk and thicken with a little flour.

BEETS.

Young and tender beets should be chosen. Old beets require three or more hours to boil tender. When tender plunge for a moment in cold water and the skins will slip off easily. Be careful in preparing beets not to cut the skins, as the beets bleed and lose their sugar. Slice into dish; sprinkle each layer with salt and pepper. Heat one-half cup water, one-half cup vinegar, one tablespoonful sugar and one tablespoonful butter, and pour over the sliced beets.

SPINACH.

Wash the spinach very carefully through several waters, as particles of sand are apt to lodge in the stems near the root.

Cut away the roots before boiling. Boil twenty minutes in as little water as can safely be used and not burn. Drain, press in the colander to remove all water; chop very fine, season with salt, pepper and butter, and garnish with hard-boiled eggs.

DANDELION GREENS.

Wash the greens very carefully in several waters. Boil until tender; one-half hour will be sufficient if the greens are young and tender. When done, press them as dry as possible in a colander. Season with salt and pepper and a little butter; garnish the dish with slices of hard boiled eggs. Serve with sliced lemon, as the juice is a more pleasant acid than vinegar. Only the very young greens should be used.

FRIED TOMATOES—GREEN OR RIPE.

Four tomatoes and one cupful of crumbs, one small onion chopped fine, salt and pepper. If ripe tomatoes are used, choose solid firm ones, not too ripe. Remove skin. If green ones, just beginning to ripen, are used, do not pare; cut a thin paring from the end and divide into slices about one-half inch thick. Prepare the dressing and press it into the tomatoes until all the interstices are filled. Fry in drippings a rich brown. Serve in hot platter.

CAULIFLOWER SERVED WHOLE.

To cook cauliflower and have it remain unbroken, wash thoroughly, remove all outer leaves and let it stand flower down in a deep dish of water to which a good handful of salt has been added. Allow it to remain there three or four hours; then shake it free from the water, tie it in a piece of fine mus-

lin. Drop into a pot of briskly boiling salted water and allow it to boil slowly forty minutes. Remove cloth carefully and place in deep dish flower up and cover with the following sauce :

WHITE SAUCE.

One tablespoonful butter, two tablespoonfuls flour; cream together and stir slowly into one pint of boiling milk until it is of the consistency of cream. Season with salt and little white pepper. This vegetable can be prepared more quickly if separated into the flowerets and boiled until tender, omitting the cloth.

ESCALLOPED CAULIFLOWER.

One cauliflower, three-quarters cup of milk, one tablespoonful butter, two tablespoonfuls bread crumbs, one egg, salt and pepper. Boil the cauliflower until tender, about twenty minutes. Make a sauce of the butter melted, add milk and crumbs and simmer until crumbs absorb the liquid, add the beaten egg and remove from the stove before the egg is cooked. Break the cauliflower carefully, arrange in a buttered baking dish, sprinkle with salt and pepper. Pour sauce on this, dust a few dry crumbs on the top and bake a light brown.

ASPARAGUS.

Boil stalks whole in salted water; serve in individual dishes with a dish of melted butter, in which the tops are to be dipped as they are eaten.

MUSHROOMS STEWED.

Wash, peel, drain and slice rather thin. To every quart add a half teacupful of cold water, a teaspoonful of salt and a pinch of pepper. Simmer for five minutes and add a tablespoonful of butter rubbed into a tablespoonful of flour. Remove as soon as it bubbles. Add a teaspoonful of lemon juice if desired.

MUSHROOMS CREAMED.

Cook precisely as directed for stewed mushrooms, omitting the lemon juice and adding three tablespoonfuls of rich, sweet cream.

MUSHROOMS BROILED.

Choose fine, large and neatly dressed mushrooms and broil over clear hot coals for three minutes, turning once. Serve with the cups upward, dressed with melted butter, salt, pepper and a little lemon juice.

MUSHROOMS FRIED.

Place the gill side downward in hot butter, in granite pan. Fry covered for five minutes, turning once. Serve gills upward, adding salt, pepper and a little lemon juice if liked.

MUSHROOMS IN SHELLS.

Cut fresh, dressed mushrooms in small pieces, dry in a napkin and toss them in hot butter in a saucepan until brown but not done. Shake in a teaspoonful of flour, stir, add a teacupful of rich veal or chicken stock and let simmer for five minutes. Beat two eggs with the juice of half a lemon and

add slowly, stirring until as thick as cream. Fill table shells with the mixture, sprinkle with cracker-crumbs and brown in a very hot oven.

MUSHROOM PATTIES.

Prepare a mixture as above, have ready hot shells of puff paste that have been baked in patty pans, and drop a spoonful in each. Serve hot.

ESCALLOPED MUSHROOMS.

Place alternate layers of mushrooms and cracker-crumbs in a thickly buttered baking-dish and season each layer highly with butter, salt and pepper and a little lemon juice. Have the last layer of crumbs. Sprinkle with a little salt and pepper and dot with bits of butter. Pour a teacupful of cream or delicate stock over, bake twenty minutes and serve very hot.

STUFFED MUSHROOMS.

To one teacupful of chopped mushrooms add one teaspoonful of grated onion and put on the fire to heat in a trifle of cream and butter. Fill large mushrooms with the mixture, which has been highly seasoned, lay them on a thickly buttered dish, sprinkle each with fine, salted bread-crumbs, bake for ten minutes in a hot oven, and serve.

EGGS

BOILED EGGS.

Three minutes boils eggs soft; six minutes boils eggs so yolk is not quite set; ten minutes boils eggs hard; twenty or thirty minutes boils eggs so yolks are mealy. They are said to be more digestible boiled as long as this, but the yolk is apt to darken. To have eggs jellied, put them into boiling water and then set dish back on range where the water will keep hot but not boil. In ten minutes the eggs will be cooked through; the whites will be like a jelly, and not hard as in boiled eggs.

POACHED EGGS.

Fill basin with boiling salted water, if the bottom of the basin is greased first, the eggs will not stick to the dish. Break each egg into a saucer, and let slide carefully into the basin; keep hot but do not boil the water; when a film of white comes over the top, remove eggs to a hot dish; put piece butter on each egg; sprinkle with pepper.

SCALLOPED EGGS.

Four hard boiled eggs, and half a cup of bread crumbs; one-half cup white sauce; slice the eggs in thin rings, cover

the bottom of a buttered baking dish with crumbs, then the eggs sprinkled with salt and pepper, cover with sauce and arrange in layers, the same way until the dish is nearly full. Cover the top well with crumbs, and brown nicely in a moderate oven.

CURRIED EGGS.

Three hard boiled eggs, two ounces of butter, half of one onion and one gill stock, one dessertspoon curry powder, one ounce flour, one teaspoonful of cream; fry onion in butter (an apple may be added if desired) then add the flour, stock and curry powder; stir gently until flour is cooked; then add the cream; cut the eggs in halves and warm half of the pieces in the curry; keep the rest for decorating and dish up prettily with curry in the center, and a wall of rice around it. A sprig or two of parsley and slices of lemon make it look nice.

SHIRRED EGGS.

Separate the number of eggs desired, being careful to preserve each yolk unbroken in part of its shell; put whites in a bowl; beat stiff after salting sufficiently. Butter as many gem pans or shirred egg dishes as there were eggs; dip a large spoonful or more of the stiff white into each dish; drop the yolks carefully into the center and bake until the white is very lightly browned. A very pretty and dainty way to serve eggs.

CURRIED EGGS.

Three hard boiled eggs, cut in lengthwise strips; cover with the following sauce: one cup of milk and four table-

spoonfuls butter, two tablespoonfuls flour, one-half teaspoonful curry powder, salt and pepper to taste.

SCRAMBLED EGGS ON TOAST.

Put butter size of large walnut in frying pan; when it melts pour in a quarter cup of milk; break four eggs into the milk; season with salt and pepper; stir constantly until set sufficiently then dip quickly on small slices of buttered toast.

EGGS IN DRAWN BUTTER.

Boil four or more eggs according to size of family; cut whites into small pieces, and stir into just enough drawn butter sauce to mix well. Grate the hard boiled yolks over, garnish with parsley and serve.

EGGS A 'LA ROBERT.

Peel one medium sized onion and remove the heart; cut the heart into slices and put it with a tablespoonful of butter in a saucepan over a brisk fire and brown well; moisten with a half cupful of lean broth; season with salt and pepper; cook and let the sauce reduce for about ten minutes; when ready to serve cut four hard boiled eggs in slices; mix them in the preparation and let heat together, without boiling, for two minutes; add half a teaspoonful of diluted mustard and serve.

PINK PICKLED EGGS.

Shell hard boiled eggs and drop them into the vinegar in which beets have been pickled. Remove when colored a delicate pink. These are a pretty change for a picnic lunch.

BREAD OMELET.

Four tablespoonfuls bread crumbs soaked in milk, four eggs, one tablespoonful melted butter, salt and pepper; soak bread soft, add beaten yolks and seasoning, beating the whites and cook as an ordinary omelet, folding when set.

HAM OMELET.

One-half cup of chopped ham, four eggs, salt and pepper; beat eggs separately; add yolks to the minced ham; season; fold in the whites and fry in hot greased spider, folding over when set.

BAKED OMELET.

Four eggs beaten separately, one cup sweet milk and one tablespoonful flour, a little salt and stir whites of eggs in last; pour into well buttered shallow pan and bake fifteen minutes.

BAKED EGGS.

Break a sufficient number of eggs to serve the family into a buttered shallow baking plate; season with salt, pepper and a lump of butter on each egg; dip enough rich cream on the eggs to about half cover the top; bake until eggs are set.

SCRAMBLED EGGS WITH HAM.

Cut very fine, cold boiled or fried ham; warm in a skillet containing a little ham dripping; break four or five eggs into the dish; season with salt and pepper and stir until nearly set.

DEILED EGGS.

Boil hard as many eggs as are required; throw into cold water for half an hour; remove the shells, cut into halves and

remove the yolks without breaking the whites; rub the yolks smooth; add (for six eggs) a large teaspoonful of melted butter or olive oil, one tablespoonful of vinegar, salt and pepper to taste, and a teaspoonful of made mustard, or one-third teaspoonful dry mustard. Mix to a smooth paste; stuff the whites with the mixture; press the halves closely together; secure with a wooden toothpick, and lay in a bed of lettuce leaves.

STUFFED EGGS.

Prepare same as preceding recipe with the addition of minced ham, tongue, chicken, or other cold meat. Mustard may be omitted if desired, and lemon juice substituted for the vinegar. Minced sardines or grated cheese may be used the same as any variety of meat; parsley chopped fine, cress, or any savory herb may be used for seasoning. Any variety may be made with a little practice.

SCALLOPED EGGS.

Hard boil six; slice them in thin rings; place in the bottom of a well-buttered baking dish a layer of breadcrumbs, then one of eggs. Cover with small bits of butter and sprinkle with salt and pepper. Repeat until the pan is full, the last layer being breadcrumbs. Pour over the whole one cupful of sweet cream and put into a moderately heated oven to brown.

SCRAMBLED EGGS.

Have ready five eggs broken into a dish; salt and pepper them; put one tablespoonful of butter into a hot frying pan; tip around so that the butter will touch all sides of the pan.

Turn them without beating into the pan. Stir them one way fast for five minutes until they are mixed. Do not let them get hard. Turn over toast and serve.

EGGS AND BACON.

Take a nice rasher of bacon; cut into little diced cubes; fry quickly until nicely browned; strain five beaten eggs into a basin, season with pepper and add to the bacon. Stir until quite firm. Serve in a heated platter garnished with hot pickles.

CHEESE OMELET.

Beat well four eggs; add to them two tablespoonfuls of milk and one tablespoonful of grated cheese; add a teaspoonful more of the cheese before folding. Turn out on a heated dish and grate a sprinkling of cheese over the omelet before serving.

HAM OMELET.

Three tablespoonfuls of boiled minced ham. Mix with four well beaten eggs and two tablespoonfuls of milk; season with pepper. Fry with butter. Serve on a heated platter garnished with parsley.

SERVING EGGS.

A dainty way to serve eggs for breakfast, luncheon or tea, is to take round slices of bread, toast them delicately, butter them and dip lightly in hot water. On each round spread the white of an egg beaten stiff with a speck of salt. Make a depression in the center, and in each place a whole yolk. Set the toast in the oven just long enough to set the yolk and brown the white a trifle.

BREAD, BISCUIT, ETC.**MILK BREAD.**

About half past four in the afternoon make a sponge in the following way: Pour one and a half cupfuls of boiling water on six hops, and when lukewarm, strain and squeeze the hops dry. Measure the hop water and add enough more water to make one cup and a half. Melt in this hop water half a cake of yeast and add three cupfuls of sifted flour. Use a three-quart basin; cover tightly, and set in a warm place until eight o'clock, when the sponge should fill the basin about two-thirds full. Sift three more cupfuls of flour, add one teaspoonful of salt and one pinch over, and put into a six-quart earthenware vessel. Add one teaspoonful of lard and one tablespoonful of sugar, and mix. Then pour in the sponge. Rinse out the basin with one cupful and a half of rich milk, add this to the flour and mix. Turn on a lightly floured board and knead into a soft elastic mass, using a half cupful of flour. Put it back into the large basin. Cover tightly and raise all night in a warm place, temperature 70°. By half-past six in the morning it should quite fill the basin. Turn out and knead long enough to form into loaves. Use one teaspoonful flour and no more for the last kneading; the dough must be soft

and elastic. Put into pans, cover and raise an hour and a half in a temperature of 90°. The dough should more than double in size. The first ten minutes the oven should be hot enough to lightly brown the top; then moderate a little and bake for twenty-five minutes, not more than thirty minutes. This makes two loaves. Bread should be entirely cold before being put away in the bread box.

BREAD.

Take half a pint of peeled potatoes cut into small pieces; boil them in one pint of water, skim out the potatoes and mash fine. Add two tablespoonfuls of fine flour to the potatoes, pour over the potato water and stir till smooth. When cool, add two tablespoonfuls of yeast and a half teaspoonful of salt. Let it rise over night. In the morning, take the bread bowl filled with flour, pour half a pint of boiling water in the center, and mix. Add enough cold water to make lukewarm: then pour in the sponge made the night before, mix the dough soft and knead one-half hour. Put back into bread-bowl and set to rise. When light, knead down and set to rise again. Then knead into loaves, put into bread pans and when light, bake in a moderate oven. This quantity will make two loaves.

YEAST.

A double handful of hops in a thin bag, one quart of boiling water, one quart of potatoes cut into small pieces. Boil potatoes with the hops until thoroughly done, keeping them covered tightly all the time. Take the potatoes out and mash well, then pour the boiling hop water over them; add two tablespoonfuls of sugar, two of ginger, one of salt, and let it

stand until just warm. Add one teacupful of yeast, put away in a jug in a cool place. This yeast will keep two months in winter and two weeks in summer.

BROWN BREAD.

One cupful of sour milk, two-thirds cupful of molasses, two cupfuls of yellow cornmeal, one cupful of graham flour, one teaspoonful of soda, a pinch of salt and one of ginger. Steam two hours in a covered crock in a kettle of boiling water; the water must be boiling before setting in the crock. Mix the salt with the meal and flour, then add the molasses; mix the soda and sour milk together and add to the rest. Mix carefully, as a great deal depends on the mixing. After steaming two hours set in oven to brown ten minutes.

BAKING-POWDER BISCUITS.

Take one cupful of sifted flour and stir in one teaspoonful of baking powder and one fourth teaspoonful of salt. Cut into this one large tablespoonful of butter, and add a half cupful of rich milk. Dredge with flour, cut into small pieces, pat each piece into a ball, flatten a little and lay in a greased pan close together and bake in a hot oven. Bake eighteen minutes.

GRAHAM MUFFINS.

Two cupfuls of graham flour, two pinches of salt, one tablespoonful of molasses, one egg, and one tablespoonful of butter. Raise and bake fifteen minutes. Bake in muffin rings.

GRANDMOTHER'S WAFFLES.

Two eggs beaten thoroughly, one-half cup of sugar, two cups of milk, two cups of flour, one-half cup of melted butter;

beat all together. Grease a waffle iron thoroughly and have it hot before baking waffles.

MUFFINS.

Two cupfuls of flour, one cupful of cornmeal, good measure, two tablespoonfuls of butter, one cupful of sugar, three beaten eggs, two cupfuls of milk, one tablespoonful and a half of baking powder, two good pinches of salt. Sift together the flour and cornmeal, baking powder and salt. Beat the eggs and sugar together, add the milk, stir well, then add to the flour. At the last add the melted butter. Bake in muffin pans in a hot oven. Serve hot.

WHEAT GEMS.

One teacupful of milk, one full cupful of wheat flour, a pinch of salt, and one beaten egg. Bake in gem pans.

FRUIT GEMS.

Take gem batter and add chopped raisins, figs, dates, together or separate. Roll the fruit in dry flour. Suit your taste as to the proportion of fruit. If a little sweet cream is used in mixing the dough, the cakes will be nice enough for dessert, or a lunch for traveling.

GRIDDLE CAKES.

One cupful of sour loppered milk, half a teaspoonful of soda, one beaten egg, one tablespoonful of melted butter, pinch of salt, two tablespoonfuls and half of corn meal, half a cup of flour. Mix half an hour before baking, then add the soda dissolved in a teaspoonful of water. Beat thoroughly

and bake on a hot soap-stone griddle. Do not grease soap-stone.

BUCKWHEAT CAKES.

One cupful of buckwheat flour, half a teaspoonful of salt, one cupful of luke-warm water, and one-eighth of a yeast cake dissolved in three tablespoonfuls of water. Mix thoroughly, and set to rise over night. Before baking, add one teaspoonful of molasses, and one large pinch of soda dissolved in three tablespoonfuls of water. Beat well together, and bake on a soap-stone griddle. Serve cakes hot.

POTATO PANCAKES.

Grate four good sized potatoes, season with a pinch of salt and pepper, two eggs not beaten, one tablespoonful of flour, a very little milk and a pinch of baking powder. Mix all well together and fry like ordinary pancakes in deep fat. Serve hot.

FEATHER MUFFINS.

Beat together one teaspoonful each of lard and sugar, add the yolk of one egg, one gill of milk, one-half pint of flour, and one teaspoonful of baking powder and a little salt; lastly the well beaten white of the egg. Bake in hot oven.

PEACH TEA CAKE.

One large tablespoonful, equal parts, of butter and lard; one gill of sugar and one gill of milk, one beaten egg, two cups of flour, and one teaspoonful of baking powder. Turn into a shallow baking pan. Do not have the batter more than one-half inch deep. Cover with sliced peaches. Sprinkle with

sugar and cinnamon. Bake thirty minutes; serve warm with cream and sugar.

SOUR MILK MUFFINS.

Beat two eggs till very light, then add one cup of sour milk, in which one-half teaspoonful of soda has been dissolved; when well mixed add one tablespoonful of sugar, one-half teaspoonful of salt, and one and one-half cupfuls sifted flour. Have the gem pans hot and well greased, fill half full, and bake twenty minutes.

GRANDMOTHER'S CORN FRITTERS.

To two ears of fresh grated corn, allow the yolk of one egg. For a small family, allow six grated ears of corn, yolks of three eggs, one teaspoonful of sweet milk, one-quarter teaspoonful of flour, a little salt. Beat well together. Fry in hot lard, dropping the mixture from a spoon.

FRENCH TOAST.

Cut bread which is not too fresh into pieces about half an inch thick; cut the slices into halves; drop a piece of butter into a frying pan. Beat two eggs; add a pint of milk with salt to taste. Drop each piece of bread into this and then onto the frying pan. Fry to a nice brown. Drop a little currant jelly on the middle of each piece. Serve on a plate garnished with parsley.

BROWN BREAD. (Excellent.)

One cupful of rye meal, two cupfuls of corn meal, one cupful of sweet milk, one cupful of sour milk, four tablespoonfuls of molasses, one teaspoonful of salt, one teaspoonful of soda.

Steam three hours and fifteen minutes, then uncover and brown in the oven.

PARKER HOUSE ROLLS.

Sift one quart of flour into a bowl; make a hole in the middle, put in three level tablespoonfuls of lard, one heaping tablespoonful of white sugar, one cupful of warm sweet milk, one-half teacup of yeast, one teaspoonful of salt.

Let this stand in a warm place without stirring until light, then stir to a soft dough. Use a little more flour if necessary. About two hours before supper, work out the dough, using a little more flour. Roll out about half an inch thick, cut with a biscuit cutter, butter lightly with soft butter, fold over and put in the pans a little way apart. Let rise until tea time and bake in a quick oven. These rolls must be started by nine o'clock; earlier in winter.

CINNAMON ROLLS.

Make a rich biscuit dough, using baking powder and sweet milk. Roll out into a sheet one-fourth inch thick and cut into strips two and one-half inches wide. Rub two cupfuls of brown sugar and one-half cupful butter to a cream, add to it enough ground cinnamon to give the desired flavor, rub well together and spread upon the strips of dough. Cut in sections, sprinkle with raisins or currants, roll up, place in pans and bake in a rather hot oven. When partly baked, brush with sugar and butter.

EXCELLENT BISCUIT.

Two cups (large) of flour, two teaspoonfuls baking powder, one teaspoonful sugar, one-half teaspoonful salt, one

egg, one cupful sweet milk, one large tablespoonful butter. Cut into small biscuits, handle as little as possible, and bake in a quick oven. They're nice biscuits for a lunch, for they are just as good cold as hot.

FLOUR PANCAKES.

One pint sour milk, one egg, a little salt and one teaspoonful soda. Make a batter with flour, and bake on a hot griddle. To be eaten hot with maple syrup.

BAKING POWDER BISCUIT.

One pint of flour, sifted twice, one tablespoonful of butter, one tablespoonful of lard, three-quarters teaspoonful of salt, two teaspoonfuls of baking powder, about three-quarters cupful sweet milk. Do not roll heavily. Simply press it out a little with the hand. Do not handle it any more than necessary. Cut into biscuit shape. Let stand a few minutes, and then bake 18 minutes in a rather quick oven.

BATTER CAKES.

One pint flour, two eggs, two teaspoonfuls of baking powder, one level teaspoonful of salt, one tablespoonful of soft butter, one and one-half cupfuls of sweet milk. The batter is better for standing half an hour.

Waffles may be made by the same recipe.

Always mix soda or baking powder with flour.

FOR LIGHT ROLLS.

One egg, one cupful of sugar, three-quarters cupful of sweet milk, three-quarters cupful of butter and lard together,

three or four cupfuls of soft bread dough, some cinnamon and one teaspoonful of baking powder. Knead up as stiff as required. Let raise until very light.

ROLLS.

One large cup of sponge, one cupful of warm water, one-half cupful of butter, two tablespoonfuls of sugar, one egg, and flour enough to make a stiff dough. Let raise, then mould again, roll out and cut with a biscuit cutter; fold over and lay in baking-pan. Let raise again and bake.

PARKER HOUSE ROLLS.

Take two quarts of flour, make a hole in the top, and put in a piece of butter the size of an egg, a little salt and a table-spoonful of white sugar. Pour over this a pint of milk, previously boiled and cooled, and one-half teacupful of good yeast. When the sponge is light, mould for fifteen minutes. Let it rise again and cut into round cakes. Butter on one side and turn over on itself. Bake in a quick oven.

USES FOR STALE BREAD

Crusts and small pieces of bread should be dried in a cool oven until a light brown. Roll them on a pastry board, or put through a meat grinder. Crumbs must be sifted. Use them only to cover articles of food cooked in deep fat. Crumbs should be kept in jars with a piece of muslin tied over them.

CROUTONS.

Cut pieces of stale bread into cubes, and brown in the oven.

SIPPETS.

Cut bread into pieces two inches thick, cut either round or four and a half inches long by three inches wide. Remove part of the bread from the center, butter, and brown in oven.

BREAD PUDDING.

Butter the sides and bottom of a deep pudding dish, then place a layer of stale bread, rolled fine, in the bottom of the dish, then a layer of any kind of fruit; sprinkle on a little sugar, then another layer of bread crumbs and of fruit, and so on until the dish is full, the top layer being crumbs. Make a custard as for pies, add a pint of milk and mix. Pour it over

the top of the pudding and bake until the fruit is cooked. Stale cake crumbs fine, in place of bread, is an improvement.

PLAIN BREAD PUDDING.

Break up a pint of stale bread after cutting away the crust. Pour over it a quart of boiling milk; add to this a piece of butter the size of an egg. Cover the dish tightly and let stand until cool, then with a spoon mash it until fine, add a teaspoonful of cinnamon, one nutmeg grated, half a cupful of sugar, and one-quarter teaspoonful of soda dissolved in a little hot water. Beat up four eggs very light and add last. Turn all into a well-buttered pudding dish and bake three-quarters of an hour. Serve it warm with hard sauce. This recipe may be steamed or boiled. Very nice either way.

SOUP STICKS.

Cut stale bread into one to three inch slices, remove crusts, butter and brown in the oven.

TOAST.

Cut stale bread into slices one-fourth inch thick. Put it on a toaster, move it gently over the heat until dry, then allow it to become a little brown by placing it nearer the heat and turning constantly. It may be first dried in the oven. Hot milk may be poured over dry toast.

ZWIEBACK.

Cut baker's or other light bread into one-inch slices and brown in a moderate oven.

CREAM TOAST.

One tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, one and one-half cupfuls of milk or cream. Four slices of toast. Heat the butter and when it bubbles add the flour and salt, then gradually the hot milk, stirring constantly and allowing the mixture to thicken each time. Pour this sauce over the slices of dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot salted water or hot milk.



PUDDINGS AND SAUCES

ENGLISH PLUM PUDDING.

Two cups of beef suet, two cups of chopped raisins, half a cup of sugar, one-half teaspoonful each of cinnamon and cloves, and a quarter of a nutmeg grated. Mix all together and chop fine; take two cups of water, thicken with flour enough to make a stiff batter; break in three eggs, beaten well. Butter the tin pudding-boiler and boil three hours.

HARD SAUCE.

Cream half a cup of butter, add one cup of very light brown sugar, beat ten minutes, then add the juice of one lemon and the grated rind of half a lemon, and beat five minutes more.

WINE SAUCE FOR PLUM PUDDING.

Cream half a cup of butter, and one cup and a half of brown sugar, until foamy. Add two tablespoonfuls and a half of flour, beat, and stir in slowly one cup and a half of boiling water and one teaspoonful of salt. Boil and stir constantly ten minutes, then add a cupful of brandy. Serve in a sauce boat.

WINE SAUCE.

Melt one tablespoonful of grape jelly, add two tablespoonfuls of sherry wine, and four drops of lemon juice. Serve hot.

THANKSGIVING PUDDING.

Two-thirds of a cupful of butter, one cupful of molasses, two cupfuls of milk, one teaspoonful of soda, four well beaten eggs, two pounds of raisins stoned and chopped, one pound of currants, a fourth of a pound of citron, a scant teaspoonful of salt, flour to make as stiff as a pound cake. Steam six hours. Serve with any sauce desired.

RICE CUSTARD.

Break up one-half cup of cold cooked rice and soak in one pint of hot milk until soft. Beat the yolks of two eggs, and two rounded tablespoonfuls of sugar, and when well mixed add the hot milk. Turn back into the double boiler and stir constantly until the egg is cooked and the custard smooth. Stir in one-fourth teaspoonful of salt. Turn into a dish for serving, and when slightly cooled spread one-half cupful of apple jelly or raspberry jam over the top. Beat the whites of the two eggs until stiff and dry, add two tablespoonfuls of powdered sugar and one tablespoonful of lemon juice and pile it lightly over the top. Put in the oven a few minutes to get a delicate brown. Serve cold.

PRUNE PUDDING.

One pound of stewed prunes, drain off the juice, stone, and chop fine. Beat the whites of four eggs stiff and add gradually one cupful of sugar, beating all the time, and then add

the chopped prunes gradually. Beat thoroughly. Bake twenty minutes and serve cold with a custard made of the yolks of the eggs.

STUFFED FIGS.

Take nice large figs. Wash and soak them in warm water and gently press into their regular shape. Cut a slit in each fig and press in a teaspoonful of chopped English walnuts. Put a strip of muslin around each and catch with a few stitches to keep the nuts from boiling out. Put in a saucepan and cover with water and enough sugar to make a syrup. Boil gently until the figs are tender. Just before taking from the fire, put in a slice of lemon and stir it around three or four times and then take out. Cut off the muslin, put the figs in a glass dish, pour the syrup over them and set in a cool place. When cold serve with whipped cream piled around them.

FIG PUDDING.

One pound of figs chopped fine, two cupfuls of bread crumbs, half a pound of suet chopped, two eggs beaten thoroughly, one cupful of milk, one cup of fine sugar; nutmeg to taste. Steam two hours.

Sauce. One tablespoonful of butter, one tablespoonful of flour, one-half cup of pulverized sugar, one cup of hot water. Season with lemon or wine.

A SIMPLE DESSERT.

Take as many wine glasses as you have people; half fill each one with powdered macaroons, cover that with grape

jelly, and on top of that put a heaping tablespoonful of whipped cream.

APPLE SAUCE.

Pare, quarter, and core five apples, put them in a sauce pan, pour over them one cup of boiling water and seven tablespoonfuls of sugar. Cover closely and cook three-quarters of an hour. Be careful not to burn, and do not stir them. Serve hot with a few slices of lemon on top.

CRANBERRY SAUCE.

Pick over carefully and wash two cupfuls and a half of fine cranberries. Put them in a sauce pan, pour over a heaping cup of sugar, and a cup and a half of boiling water. Cover and cook slowly one hour.

FOAM SAUCE.

Take a half cup of white sugar, one-fourth of a cup of butter, one tablespoonful of corn starch; mix together and beat to a cream. Set upon the stove and add boiling water until it is of the right consistency. Flavor with lemon or anything preferred.

PUDDING SAUCE.

One cupful of sugar, one beaten egg and one tablespoonful of butter; pour over one cup of scalded milk. Put on the stove and scald again. Flavor to taste.

SAUCE FOR BOILED RICE.

Beat the whites of three eggs with two heaping tablespoonfuls of sugar; add one teacup of rich cream and the juice and peel of two lemons.

PUFFS.

Three eggs well beaten, one tablespoonful of flour, one pint of sweet milk. Bake in cups in a quick oven. Serve with sauce.

RICE PUDDING.

One cup of cooked rice, one quart of rich milk, half a cupful of sugar, butter the size of an egg, four tablespoonfuls of washed and seeded raisins. Stir well together, pour in a well buttered baking dish, beat the yolks of two eggs and pour gently over the pudding and grate one dusting of nutmeg over, and put in oven to bake. Bake one hour and a half in a moderate oven. When done add the whipped frosting of the whites of the eggs, spread gently over the pudding and put back in oven just a few minutes. Serve in baking dish.

CHOCOLATE SAUCE.

One cup of milk, two ounces of grated chocolate, boil five minutes, and pour on the yolks of two eggs beaten with half a cup of sugar, half a cup of rich cream, strain, return to the fire, and stir till thick as honey, flavor with vanilla.

RICE JELLY.

Wash a cupful of rice and soak it for two hours in a cupful of water. Have ready on the range a quart of boiling water and turn the rice and the water in which it was soaked into this. Boil for three-quarters of an hour, then strain through a muslin bag. When cold and thick serve with powdered sugar and cream. It is very nice and nourishing.

TAPIOCA JELLY.

Soak a half cup of tapioca over night in a cup of cold water. Put into a double boiler a pint of boiling water and dissolve in this a tablespoonful of granulated sugar. Now turn in the soaked tapioca and cook until clear. Remove from the fire and add two teaspoonfuls of lemon juice. Have ready two jelly glasses wet with cold water and turn the liquid Jelly into these. Set in a cold place to form. Serve very cold with sweetened cream.

DATE PUFFS.

One egg and half a cupful of sugar, two tablespoonfuls of butter, two tablespoonfuls of milk, half a teaspoonful of baking powder, flour enough to make a thin batter, stone and cut in half one teacupful of dates, dredge and stir into the batter, half fill small earthen cups and steam twenty-five minutes. Serve with rich cream.

FRUIT SAUCE.

One-third of a cup of sugar, half a pint of raspberries, half a tablespoonful of melted butter, half a cupful of hot water. Boil all together slowly, removing the scum as fast as it rises; then strain through a sieve. This is very nice served with bread or rice puddings.

PEACH TAPIOCA.

Wash a cupful of tapioca through several waters and let soak over night. In the morning put it in a sauce-pan with a pint of boiling water and set on the stove to simmer until the tapioca is clear. Pare half a dozen peaches and cut into quar-

ters, stir into the tapioca with half a cupful of sugar. Take from the fire, turn into a deep dish and stand aside to cool. Serve very cold with cream.

CARMEL CUSTARD.

One pint of milk, quarter of a cup of sugar, three eggs, one pinch of salt. Put the milk on to boil, reserving half a cup. Beat the eggs and add the cold milk to them. Stir the sugar in a small frying pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk; then add the beaten eggs and cold milk, and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

BAKED QUINCES FOR DESSERT.

A delicious dessert is baked quinces with currant jelly and whipped cream. Cut a slice from blossom and stem end of each quince; put them in a dish with enough water to cover up to half the depth of the quinces. Cover the fruit with another dish and bake in a moderate oven until the quinces are quite soft; then stand them in a cool place. When ready to serve, put them in a glass dish. As soon as the quinces are out of the dish pour a little more water in, add enough sugar to sweeten well, boil the whole to a syrup and pour it over the quinces; then, when ready to serve, put a teaspoonful of currant or plum jelly on top of each quince and surround with whipped cream.

NEW ENGLAND BAKED INDIAN PUDDING.

Boil one pint of milk, add one cupful of sifted Indian meal mixed with one cupful of cold milk; when scalded, remove from the fire, add half a cupful of molasses, two tablespoon-

fuls of brown sugar, half a teaspoonful of salt, one teaspoonful of ginger, a little cinnamon and one egg well beaten. Stir until very smooth and then add a sprinkling of candied orange peel, raisins and currants. Put a layer of quartered apples in the bottom of the pudding mould, pour in the mixture and steam three hours. Serve with whipped cream sweetened with maple syrup.

APPLE LOAF.

Take sufficient good light bread dough for a loaf, knead well into it a piece of butter or lard the size of an egg, one cupful finely chopped apple, one-half teaspoonful each cinnamon and nutmeg, and two tablespoonfuls sugar. Let rise till light and bake in moderate oven for 45 minutes. Take out, rub well with butter, sprinkle with white sugar and cinnamon, let set in oven for 10 minutes, then set away to cool and eat with coffee for breakfast.

BAKED APPLE.

Remove the core, stand it in a granite pan, add a little water and (if apples are sour) a few spoonfuls of sugar. Bake in a quick oven, basting frequently. We like them if a little cinnamon be sprinkled over them before baking. If desired, one-half cupful whipped cream may be added after they are cool.

WITH OATMEAL.

Pare and slice several apples. Place a layer in a well greased baking dish, then a layer of well cooked oatmeal, until all is used. Place in oven and bake twenty minutes. Serve with milk or cream and sugar.

PUDDINGS AND SAUCES

STEAMED APPLE.

Remove the core and steam continuously till tender.

BAKED APPLE SAUCE.

Place a layer of sliced apple in a baking dish with a sprinkling of sugar, then another layer, till the dish is filled. Bake twenty minutes.

OLD-FASHIONED BROWN BETTY.

Pare and cut apples into slices. Put in a baking dish, with layers of bread crumbs and a sprinkling of sugar and cinnamon between apples. Have the top layer crumbs, with cinnamon dusted over the top. Place in oven, cover for fifteen minutes, then bake twenty minutes longer. Serve with cream.

STEAMED APPLE PUDDING.

Line a mould with slices of bread and butter, put in a layer of stewed apples, then another layer of bread and butter, and so continue until the mould is filled. Beat two eggs, add one pint of milk, pour over bread and apples. Steam one hour and serve with liquid sauce.

FRIED APPLE.

Pare and core apples, keeping them whole. Cut into slices crosswise, sprinkle with sugar, cinnamon or a little lemon juice, set aside for a few minutes, then dip each piece in batter, slide into hot fat, fry on one side, turn and fry on the other.

APPLE PONE.

Pare and chop finely one quart sweet apples. Pour a pint of boiling water into a quart of white corn meal. When

cooked, add one pint sweet milk, stir in the apples, turn the mixture into a greased shallow pan, cover and bake in moderate oven for at least two hours. This same recipe may be turned into a mould and steamed three hours and used as a pudding.

TURNOVER.

Put one pint flour into a bowl, add one-half teaspoonful of salt, two level teaspoonfuls baking powder, mix thoroughly. Then rub into the mixture one tablespoonful butter, and add sufficient milk to make a dough. Roll into a sheet half an inch thick, cut with biscuit cutter, put two tablespoonfuls of stewed apples on one-half the dough, fold over the other half, pinch the edges together, place in baking pan, brush with milk and bake for twenty minutes.

DUMPLINGS.

Pare, core and quarter four good-sized apples, put them into a stewpan, add four tablespoonfuls sugar, cover the pan, let stew. While they are stewing, make dough as for turnover, cut into small circles, place closely over top of apple, cover saucepan and stew slowly fifteen minutes without lifting the lid. Dish apples around the edge of the platter and put sauce in center.

DISHES PREPARED WITH GELATINE.

GENERAL RULES.

If possible, soak gelatine in cold water until it is softened; the boiling water then dissolves it. It should be covered with a cloth while soaking. If gelatine must be softened quickly,

pour cold water over the gelatine and heat over boiling water until it is dissolved. If jellies are to be moulded, the moulds should be first wet with cold water. Jellies should be placed near the ice to harden, but may be hardened quickly by surrounding with ice water.

LEMON JELLY.

One package gelatine, one-fourth cupful of cold water, two cupfuls of boiling water, one cupful of sugar, one-half cupful of lemon juice. Soak the gelatine in cold water, add boiling water, sugar, and juice. Strain and put in cold place or on ice to harden.

CREAM PUDDING.

Soak one-half box of Knox's gelatine in one-half pint cold water ten minutes. Scald one pint of milk and add the gelatine and one cupful sugar. Beat the yolks of three eggs, stir into the milk and cook three minutes. When cool add one pint whipped cream and vanilla to taste. Turn into a mould and put on ice to harden. Serve with whipped cream.

ORANGE JELLY.

One package gelatine, one-fourth cupful cold water, one-half cupful boiling water, one cupful of sugar, one cupful orange juice, three teaspoonfuls lemon juice. Soak the gelatine in cold water, add the boiling water, sugar and juice, strain, and put on ice to harden.

COFFEE JELLY.

One package gelatine, one-fourth cupful of cold water, three cupfuls of coffee, one-half cupful of sugar. Soak the

gelatine in cold water, add the boiling coffee and sugar. Strain, set on ice to harden.

WINE JELLY.

One package gelatine, one-fourth cupful of cold water, two cupfuls of boiling water, one cupful of sugar, three table-spoonfuls of lemon juice, one cupful of wine. Soak the gelatine in cold water, add the boiling water, sugar and lemon juice. When slightly cooled add the wine, strain, and set on ice to harden.

SAUCES.

Cooked sauces should never boil hard, or be violently stirred while cooking.

HARD SAUCE.

Beat until white and of the consistency of thick cream one cupful of pulverized sugar and half a cupful of butter; add the whipped whites of two eggs and beat for a few minutes longer. Flavor with one tablespoonful each of brandy and extract of nutmeg. Smooth into shape with a broad knife dipped in cold water. Stamp with a wooden mould and place on ice until needed.

CREAM SAUCE.

To the whipped white of an egg add the beaten yolk; then stir in, gradually, one cupful of powdered sugar; add half a cupful of cream, diluted with one-third of a cupful of milk and flavored with rose or vanilla.

WHIPPED CREAM SAUCE.

To a pint of thick sweet cream, whipped until foamy, add the beaten whites of two eggs. Sweeten and flavor to taste. Serve very cold.

SOUR CREAM SAUCE.

Beat hard and long one pint of sour cream, the juice and rind of one lemon and sugar to taste.

CUSTARD SAUCE.

Heat one pint of milk to boiling; beat together two eggs and one cupful of sugar and stir into the hot milk. Shake the saucepan gently until the mixture thickens; remove from the fire, flavor to taste and serve hot.

FRUIT SAUCE.

Bring slowly to a boil one cupful of hot water, two-thirds of a cupful of sugar, one tablespoonful of butter and one pint of fruit syrup. Skim, strain and serve hot with fruit roll or fruit dumplings.

FOAMING SAUCE.

Dissolve a teacupful of sugar in a little water; bring to a boil, stir in a glassful of wine, then the beaten whites of three eggs. Serve without delay.

SAUCE AUX QUATRE FRUITS.

Pare a very thin rind from one lemon and one orange; then remove the thick white skin, cutting close to the pulp. Cut fruit into small dice. Pare, core and dice two sour apples.

Put all into a saucepan, add the orange and lemon rind, shredded, and one cupful of seedless raisins. Add a little water and simmer while the following mixture is prepared: Stir into half a pint of boiling water half a teaspoonful of cornstarch wet with a little cold water; add one cupful of sugar and cook slowly for fifteen minutes. Strain, add one-half cupful of white wine and the fruit mixture. Flavor with one teaspoonful of extract of almonds. Serve hot.

PLUM PUDDING SAUCE.

Pour two cupfuls of water over four cupfuls of sugar; throw in a few cloves and several blades of mace tied in a muslin bag, also the thin rind of two lemons. Simmer for four or five hours, or until of a rich golden color, a shade darker than honey. Take from the fire, remove spices and lemon rind, add a cupful of sherry and, if desired, half a cupful of brandy. Reheat a portion of the sauce as needed, adding a lump of butter and a little more wine. This sauce will keep all winter.

SPICED FIGS.

Let one pound of figs lie in cold water four or five hours. Then stew them slowly in the same water until tender. Cook the water almost off them. Then pour over the figs a mixture of one cupful hot vinegar, one-half cupful brown sugar, three cloves, one-half teaspoonful of cinnamon.

COCOANUT PUDDING.

One cupful or less of grated cocoanut, one pint of new milk, one pint sweet cream, the whites of five eggs whipped light, one pinch of salt. Pour the mixture into a dish. Bake

three-quarters of an hour, setting the dish in a pan of hot water.

Sauce.—One cupful of sugar, one-fourth cupful of butter, one level teaspoonful of flour, one pinch of salt, a piece of yellow rind of lemon, two teaspoonfuls of lemon juice. Mix and pour over these ingredients a cupful of boiling water. Cook one minute.

An emergency dessert easily prepared is a plain corn starch blanc mange enlivened with some Maraschino cherries, and the juice beaten with cream makes a delicious sauce of a delicate pink shade.



SALADS

APPLE SALAD.

Chop fine a large juicy apple. Add four stalks of crisp white celery chopped fine, a pinch of salt and one of mustard and pepper. Stir and cover closely. Put in a cool place for twenty-five minutes. Before serving pour over the following dressing: Stir together the yolk of one egg, a pinch of salt, and one of sugar, a dusting of cayenne pepper, then add drop by drop two teaspoonfuls of olive oil.

FRUIT SALAD.

One orange, two bananas, four slices of chopped pineapple, one handful of Malaga grapes, half a dozen candied cherries chopped fine and one dozen English walnuts minced. Lay in a salad dish.

Dressing—Stir together one teaspoonful of mustard, one of butter, a tiny pinch of salt and pepper. Heat two tablespoonfuls of vinegar, beat into this the yolk of two eggs; then add the above ingredients, cook until stiff and set aside till cold. Just before serving add one teacupful of whipped cream and pour over the fruit.

APPLE NUT SALAD.

Boil and peel some French chestnuts, cut in small pieces, mix with celery, and tart apples cut in slender strips. Pour over the salad a mayonnaise dressing. Serve on lettuce leaves.

MAYONNAISE DRESSING.

Yolk of one egg. Beat and add half a teaspoonful of mustard dissolved in the juice of one lemon and a teaspoonful of vinegar, large pinch of salt and a dust of pepper. Pour in oil gradually until you have the desired amount.

LETTUCE SALAD.

Select tender, crisp head lettuce. Wash with care in cold water the inner leaves and lay in a clean dry towel to absorb the moisture. Serve with French dressing, and accompany with radishes.

WATER CRESS SALAD.

Have equal quantities of cress, pepper grass, and sorrel. Serve with French dressing and garnish with nasturtium blossoms.

FRENCH DRESSING.

Mix three teaspoonfuls of cider vinegar with three and a half tablespoonfuls of olive oil, one large pinch of salt, one tiny pinch of black pepper and red pepper.

OYSTER SALAD.

Dip eight medium sized oysters in cracker crumbs, and fry a delicate brown in a teaspoonful of hot butter. Lay on a

plate and set in ice box to cool, then cut them into half inch pieces and mix with seven tablespoonfuls of chopped crisp celery. Put into salad bowl and serve with dressing.

OYSTER SALAD DRESSING.

One-fourth of a cupful of sour whipped cream. Beat the yolk of one egg with a pinch of mustard, one of salt, and one of cayenne pepper and sugar. Add one tablespoonful of olive oil, then the whipped cream, and one tablespoonful of lemon juice. Pour over the salad and serve.

POTATO SALAD.

Pare three large cold boiled potatoes, and slice them. One small onion minced. One hard boiled egg sliced. Fill the salad bowl with alternate layers of potatoes and eggs, sprinkle each layer with salt, and add onion before pouring on the dressing, pour over the salad one-half cup of hot vinegar and garnish with celery. If preferred, lettuce dressing can take the place of the hot vinegar.

TOMATO SALAD.

Take two firm, ripe tomatoes and pare without scalding, with a sharp knife. Take out part of the core, and put them on a bed of lettuce leaves. Fill the hollow with the dressing; put in the ice box fifteen minutes before serving.

TOMATO SALAD.

Select two tomatoes of similar size, plunge into boiling water. Remove and cut out a circular piece around the stem end of each. Remove the skin, and set aside on ice to chill.

When ready to serve, dispose each tomato on a lettuce leaf seasoned with French dressing. Fill each cavity with a spoonful of finely chopped nut meats and fruit and mayonnaise dressing, with a large candied cherry on top.

POTATO AND CUCUMBER SALAD.

Arrange in a salad bowl layers of thinly sliced cold boiled potatoes, cucumbers, celery and hard-boiled eggs. Reserve one egg to garnish the top. Pour over the vegetables a mixture of two tablespoonfuls of melted butter, half a tablespoonful of vinegar, half a saltspoonful of salt, a dash of pepper and a few drops of onion juice. Let it stand for an hour or two in a cold place, then pour over it a boiled dressing. Garnish with celery leaves.

BOILED DRESSING.

To the beaten yolks of two eggs add a cupful of vinegar and cook over hot water until thick. Put in a bowl one tablespoonful of melted butter, one tablespoonful of sugar, one saltspoonful of salt, one teaspoonful of mustard and a pinch of cayenne. Mix thoroughly together and pour over the egg and vinegar. If put together in this way there will be no rank flavor as there often is in other dressings.

CELERY SALAD WITH NUTS.

Use equal parts of celery and English walnuts and serve on lettuce leaves. When ready to serve pour over the following dressing: Yolk of two eggs beaten lightly, one-half teaspoonful each of mustard and salt, beating constantly, four tablespoonfuls of melted butter, six tablespoonfuls of vinegar; cook in a double kettle until it thickens. When removed from

the fire add the well-beaten whites. Before serving add a cup of whipped cream.

TOMATO SALAD WITH NUTS.

Select medium-sized red tomatoes, place them on lettuce leaves on bread and butter plates. Scoop out the stem end of the tomato until a small cup is formed. Just before serving fill it with roasted peanuts and pour over the nuts and tomato a salad dressing made in the following way:

Dressing.—One teaspoonful of salt, one teaspoonful of mustard, three tablespoonfuls of sugar, yolks of two eggs, eight tablespoonfuls of sweet cream. Mix well together, then add two-thirds of a cupful of vinegar and cook over boiling water until done, stirring all the time. Do not beat the yolks, but stir with the mustard, sugar and cream. The salad should not be put together until just before serving, as it spoils the flavor. Properly made, it is one of the prettiest salads imaginable.

TOMATO AND CUCUMBER SALAD.

For this salad have ready a head of lettuce, four medium-sized tomatoes and two cucumbers. Pull the lettuce leaves apart and arrange them in a salad dish. Peel the tomatoes, slice them in thin slices and place them on the lettuce leaves. Sprinkle with salt and pepper. Now peel and slice the cucumber and arrange the slices in the form of a pyramid upon the slices of tomato. Peel the other cucumber and lay thin slices of it around the edge of the tomato for a garnish. Sprinkle with salt and pepper and pour over it any preferred dressing. Scatter chopped parsley over the top.

CUCUMBER AND ONION SALAD.

Pare cucumbers and lay in ice water one hour; do the same with onions in another bowl. Then slice them in the proportion of one onion to three large cucumbers; arrange in a salad bowl and season with vinegar, salt and pepper.

MARGUERITE SALAD.

Take just as many hard boiled eggs as there are persons to be served. Remove the yolks and make them fine with a perforated spoon, add salt and pepper, a pinch of mustard and a little melted butter. Mix thoroughly. Lay a lettuce leaf on a salad plate and arrange the yolk on it for the center of the "Marguerite." Chop the whites and scatter around the edge. Pour over it a mayonnaise dressing.

ORANGE AND WALNUT SALAD.

Peel four oranges, stripping off all the inner white skin, and put them on ice for several hours before dividing them into lobes, and each lobe in three pieces. Crack twenty English walnuts, throw them into boiling water and let them lie there three minutes, drain, and skin them and break into small bits. Line a salad bowl with lettuce; arrange the oranges and nuts in alternate layers upon this, covering each layer with a good salad dressing. Serve at once.

BEET AND CHEESE SALAD.

Make cottage cheese into little balls, stick on either side half English walnut. Use the small strawberry beets that are put up in three pound cans, slice, and you can easily cut them into heart shape. Use two cheese balls and three beet hearts on lettuce leaf. Keep on ice until just before time to serve,

add French dressing just before serving. This is such a simple salad and so tasty you will be sure to like it.

A SPRING SALAD.

Pick over, trim, wash and cook one-half peck of spinach in the inner vessel of a double boiler until tender. Drain it dry and chop it very fine. Season with salt, paprika, a dash of nutmeg, lemon juice and melted butter. Butter some cups and line them with the spinach, leaving a small round hole in the center. Fill this with cold boiled eggs chopped and well seasoned. Pack the mixture in firmly. Put upon the ice and when very cold turn out upon crisp lettuce and serve with a good salad dressing.

SALMON SALAD.

One small can of salmon, three bunches of celery chopped fine, and mixed with the salmon.

Dressing.—A small teaspoonful of mustard, two tablespoonfuls of vinegar, yolks of two eggs, salt and cayenne pepper to taste. Mix, and add to the salmon and celery. Serve in a salad dish, garnished with lettuce.

TOMATO AND SHRIMP SALAD.

Peel large, smooth tomatoes and cut in half and scoop out the seeds, leaving only the shell, take a can of shrimps and drain them properly and set on ice till thoroughly cooled; the tomatoes the same; mix the shrimps with mayonnaise dressing and fill the shells; place each on a crisp lettuce leaf and serve with more of the dressing.

EGG SALAD.

Take the number of eggs required and boil just twenty minutes. When cold, shell and remove the whites carefully from the yolks; chop the whites, and leave the yolks whole. Serve on lettuce leaves with a boiled dressing, and small balls of cottage cheese.

CHEESE SALAD.

Small cakes of cottage cheese. Serve in a bed of shredded lettuce. Cover with thick salad dressing and garnish with crescent olives.

FRUIT SALAD WITH CHERRIES.

Take a half cupful of water, and one cupful of sugar, add the juice of a lemon, liquor glass full of maraschino, half fill dainty glasses with stoned and sliced cherries, strawberries or bananas; pour over each glass a little syrup; mix an equal quantity syrup and lemon jelly and pour into glasses; this can also be moulded.

APPLE SALAD.

Line a salad bowl with watercress; cut into neat dice half to three-quarters of a pound of cold veal or lean fresh pork, add to the cress; also add two raw tart apples cut small, season with salt and pepper, a teaspoonful of chopped pickle and a tablespoonful each of oil and vinegar. Mix and cover with a mask of salad dressing.

BEAN SALAD.

Put into a salad bowl half a dozen leaves of crisp lettuce, add a cupful each of baked beans and tongue, or ox palate, cut into

dice, and two hard-boiled eggs cut not too fine; season with a teaspoonful of chopped parsley, salt, white pepper and two table-spoonfuls of vinegar; mix together, arrange neatly and mask with a top layer of salad dressing.

BEET SALAD.

If the beets are to be cooked for salad making they are better baked than boiled, as they lose none of their rich color. Put into a salad bowl a layer of chickory leaves, slice in over this a baked beet; next add two or three roots of boiled oyster plant, kohlrabi, or root celery, a button onion and a cucumber pickle; mask over all salad dressing. If pickled beets are used omit the pickle. The chickory may be omitted, and veal or fresh pork added.

BEET AND SPANISH ONION SALAD.

Cut into slices, then into strips, two baked beets, slice a medium-sized Spanish onion, and quarter and separate the sections. If convenient add as much table celery as you have onion, half a teaspoonful of capers or chopped pickles, salt and white pepper; mix, then over all add salad dressing.

CHICKEN SALAD.

There is only one secret about this salad. Do not use tough, old fowl, nor use the meat too dry. When possible let the fowl stand in the water in which it was cooked until cold; this will make it sufficiently moist. When cold roast poultry is used, cut it up and moisten slightly with chicken broth, or water containing a little vinegar, pepper and salt.

Mix equal quantities of cut-up chicken and celery with a few spoonfuls of salad dressing, arrange neatly in a bowl, and

mask with more of the dressing. Decorate with eggs, olives and cucumber pickle. Use lettuce, watercress, chickory, wild chickweed, dandelion, or any other tender salad green when celery is scarce.

CLAM SALAD.

Boil two dozen medium clams in a pint of water ten minutes only; use the broth for a soup by whisking into it a half pint of warm milk containing a whisked egg; heat, but do not boil, and serve.

Chop the clams, not too fine, put them into a salad bowl with one-third each of potato and cold fish; lettuce or watercress may or may not be used. Cover with salad dressing. Hard-boiled eggs may be used if desired.

CUCUMBER SALAD.

The fresher the cucumbers are and the quicker they are served after being cut, the better; always have them as cold as possible. They need a good deal of seasoning, therefore add a little salt, pepper and salad dressing, slightly thinned out with vinegar. Mix, set in the ice-box ten minutes and serve.

For breakfast the cucumbers may be placed on a leaf bed of cress and garnished with a circle of crisp radishes.

CUCUMBER SALAD TO SERVE WITH FISH.

Peel the cucumbers, and place them in cold water to become crisp. Do not use salt in the water, as is sometimes recommended, as it wilts and makes them indigestible. Cut the cucumbers in two lengthwise, and lay them, with the flat side down, on the dish on which they are to be served. Slice them without destroying their shape, and pour on them salad dressing.

LOBSTER SALAD.

Cut the boiled lobster into one-inch pieces or larger. Marinate it, and keep in a cool place until ready to serve; then mix with it lightly a little mayonnaise salad dressing. Place it in the salad bowl, smooth the top, leaving it high in the center. Mask it with a thick covering of salad dressing. Sprinkle over it the powdered coral of the lobster. Place on top the heart of a head of lettuce, and around the salad a thick border of crisp lettuce leaves, carefully selected.

Shad roe, canned salmon, or any firm, white fish, mixed with mayonnaise salad dressing, and garnished with lettuce, may be served as a salad.

ORANGE SALAD.

Use for this salad sour oranges; if these cannot be obtained, strain over sweet oranges after they are sliced a little lemon-juice. Cut the oranges in thick slices, remove the seeds carefully, arrange them in rows, and turn over them salad dressing. Serve with game.

Grape fruit may be used the same way, and walnut meats used with either.

SHRIMP SALAD.

When canned shrimps are used, they should be removed from the tin and thoroughly washed in cold water. Shrimps, tomatoes, hard-boiled eggs and watercress, with salad dressing, form a surprisingly good salad in warm weather.

WATERCRESS AND APPLES.

Prepare the watercress the same as lettuce, letting it become crisp in cold water, then drying it thoroughly. Mix it with

mayonnaise salad dressing. A few thin slices of sour apple with watercress make a good salad to serve with ducks.

A chopped hard-boiled egg sprinkled over the top of watercress is a good garnish, and improves the salad.

WALDORF. (APPLE AND CELERY SALAD.)

Use bright red or green apples. Jonathans or Northern Spies are best. Cut the stem end off, saving it. Scoop out the apple pulp. Mix with one-third its bulk in chopped celery, and salad dressing number one, which has had cream added to it. Return this apple pulp and celery and dressing to the shell of apple. Replace the stem top. Serve the apple, very cold, on a lettuce leaf.

SALAD DRESSING NO. 1.

One level teaspoonful flour, one level tablespoonful sugar, one level teaspoonful salt, one-fourth teaspoonful white pepper, one speck red pepper, yolks of two eggs. Mix these together and pour over it seven tablespoonfuls of hot vinegar. Stir well until thick. Add one large tablespoonful of butter and when it is well mixed in, take the mixture from the fire. Cool quickly. This may be kept a week or two. When ready to use, mix it with one-third its bulk in rich cream, sweet or sour. Whip the cream.

CREAM DRESSING NO. 2.

Two tablespoonfuls of whipped sweet cream, two of sugar and four of vinegar; beat well and pour over the cabbage, previously cut very fine and seasoned with salt.

POTATO SALAD, HOT.

Pare six or eight large potatoes, and boil till done, and slice thin while hot; peel and cut up three large onions into small bits and mix with the potatoes. Cut up some breakfast bacon into small bits, sufficient to fill a teacup and fry it a light brown; remove the meat, and into the grease stir three tablespoonfuls of vinegar, making a sour gravy, which with the bacon pour over the potato and onion; mix lightly. To be eaten when hot.

POTATO SALAD, COLD.

Chop cold boiled potatoes fine, with enough raw onions to season nicely; make a dressing as for lettuce salad, and pour over it.

ORANGE SALAD.

Yolks of four eggs, one-half cupful sugar, one-fourth cupful of butter, two tablespoonfuls of vinegar, one small pinch of mustard, one very small pinch of cayenne pepper. Cream these ingredients together and add the hot vinegar. When cold, and you wish to use it, thin with one-third its bulk of very thick cream. Cut up oranges into small pieces and put a spoonful of the dressing over the orange. Serve cold.

FRENCH SALAD DRESSING.

Mix one saltspoonful of pepper with one of salt; add three tablespoonfuls of olive oil and one even tablespoonful of onion scraped fine; then one tablespoonful of vinegar; when well mixed, pour the mixture over your salad and stir all till well mingled.

The merit of a salad is that it should be cool, fresh and crisp. For vegetables use only the delicate white stalks of

celery, the small heart-leaves of lettuce, or tenderest stalks and leaves of the white cabbage. Keep the vegetable portions crisp and fresh until the time for serving, when add the meat. For chicken and fish salads use the mayonnaise dressing. For simple vegetable salads the French dressing is most appropriate, using onion rather than garlic.



SANDWICHES

Bread for sandwiches should not be more than twenty-four hours old, and cut thin, the crust should all be neatly cut away and the butter creamed and evenly spread. If nuts are used they should be chopped fine, salted and mixed with butter, or with enough cream salad dressing to moisten.

When preparing sandwiches for a large company it is sometimes necessary to make them several hours in advance of the serving. If a napkin is wrung out of hot water and wrapped around the sandwiches, which should then be placed in a cool room, they will keep as fresh and moist as though just spread.

GRAHAM BREAD STRIPS.

Take thin slices of graham bread and spread lightly with butter and then with prepared mustard, then grated cheese; press slices of bread firmly together, cut in inch wide strips, brown in the oven. To be eaten with salads.

WATER CRESS SANDWICHES.

Wash well some water cress and dry them in a clean white cloth, pressing out every bit of the moisture. Then mix with the cress hard boiled eggs chopped fine, season with salt and

pepper to taste. Cut thin slices of bread and cut away the crust. Cut the cress into small pieces, removing the stems. Place the cress between each slice of bread and butter, with a few drops of lemon juice on each. Press down the slices, and serve.

CHICKEN SANDWICHES.

Mince up fine half a cupful of boiled chicken, put it into a saucepan with gravy, or cream enough to soften it. Add a teaspoonful of butter, a tiny pinch of salt and one of pepper. Work it very smooth while it is heating until it looks almost like paste. Then spread it on a plate to cool. Spread it between slices of buttered bread and crisp lettuce leaves. Press both sides together.

RUSSIAN SANDWICHES.

Cut bread into very thin slices, then into squares. After buttering, spread a layer of fresh Neuchatel cheese on each piece. Chop seeded olives very fine and mix with a mayonnaise dressing, then add a layer of this over the cheese. Press both sides of the sandwiches together. Serve on a plate garnished with lettuce leaves.

OYSTER SANDWICHES.

Chop fine half a teacupful of raw oysters; add salt and pepper to taste and a dash of cayenne pepper. Put in a saucepan with two teaspoonfuls of butter and three teaspoonfuls of bread-crumbs. Heat until steaming and then add half a teacupful of thick cream into which has been beaten the yolk of an egg. Stir until the mixture thickens. Remove from the fire and add five drops of lemon juice. When cold, spread between buttered sandwich bread.

HAM SANDWICHES.

Mince fine three or four small slices of boiled ham, mix with mayonnaise dressing, chop two green pickles fine. Cut bread into very thin slices, butter, lay on a crisp lettuce leaf, and then put in the filling. Press both sides of the sandwiches together.

CLUB SANDWICHES.

Lay between thin slices of hot buttered toast, a thin slice of boiled ham, then a slice of cold chicken and lastly a crisp lettuce leaf with mayonnaise dressing. Serve hot.

EGG SANDWICHES.

Hard boil four eggs; be sure the eggs are nice and fresh. When cold, cut them into thin slices and lay them between very thin slices of bread and butter; season with salt and pepper, and a sprinkling of nutmeg.

BOSTON SANDWICHES.

Cut thin slices of Boston brown bread, in rounds, or any odd shapes, spread them lightly with cream or Neufchatel cheese, take a corresponding number of slices and spread with olives and pimentos chopped and mixed with salad dressing; press the slices together with a leaf of crisp white lettuce between each sandwich.

TO MAKE BUTTERS FOR SANDWICHES.

Rub the butter to a cream, blending any flavor desired, such as anchovy, caviare, sardine, lobster, cheese, parsley, cress, chives, horseradish, any of which may be used.

OLIVE SANDWICHES.

Spread thin slices of bread with olives chopped coarsely and mixed with salad dressing. Bread should not be buttered.

DILL SANDWICHES.

Slice thin and spread with butter rye bread; on one-half of bread spread thin chips of cold chicken, or turkey, cover this with dill pickles, sliced very thin, then cover with the other slice of bread, and butter, press together; good for picnics and outings.

CUCUMBER SANDWICHES.

These are quite new. Slice medium sized cucumbers very thin, and let them stand in cold salt and water one-half hour, then drain off and pour over white wine, or tarragon vinegar, with a few drops of lemon juice, let stand one hour, lay the cucumber slices upon small rounds of brown bread, and spread with butter.

NUT SANDWICH WITH CHEESE.

One-half cupful walnuts chopped fine, cream cheese enough worked with them to form a smooth paste. Soften the paste with cream until it will spread on thin slices of bread.

DELICIOUS SANDWICHES.

Three ounces of cream cheese chopped fine, mix with one teaspoonful butter, one teaspoonful of anchovy, add a few chopped nuts (pecans or walnuts), season to taste, salt and white pepper. Cut thin slices of white bread and remove the crust, spreading the above mixture between the slices; garnish with water cress.

TOASTED SANDWICHES.

Equal parts of chicken or veal, use one part of cold tongue; to one cupful of meat when chopped add one tablespoonful of melted butter, one teaspoonful of essence of anchovy, one-half teaspoonful of lemon juice. Cut bread and butter it; toast each slice a delicate brown; spread with the above mixture while hot and put together. To be eaten cold.

LETTUCE SANDWICHES.

Cut white bread in thin slices, cutting away all crusts. Place on a slice a fine tender lettuce leaf and spread with salad dressing; cover over with another slice and press gently together. Nasturtium leaves or flowers and a bit of mustard or the yolk of hard boiled egg may be added if desired.

CHEESE SANDWICHES.

Grate dry cheese and sprinkle on buttered bread; add a very light sprinkling of cayenne pepper if desired.

PEANUT SANDWICHES.

Pound peanuts to a paste in a mortar and season with salt and spread between thin slices of bread.

EGG SANDWICHES.

Chop hard boiled eggs fine, with a cucumber pickle, large or small, according to number of eggs used, pepper and salt and a little made mustard. Rub very smooth with a silver spoon; spread between thin slices of buttered bread, from which the crust has been removed. Pile on a plate on a folded napkin.

NUT SANDWICHES.

Mix half a cupful of chopped nuts with one tablespoonful of mayonnaise and spread on thin slices of entire wheat bread trimmed and cut into fancy shapes. Almonds, English walnuts, or peanuts may be used separately or in combination, and chopped dates may be added to the nuts.

BANANA SANDWICHES.

Select one large very ripe banana, peel and slice very thin and evenly. Sprinkle with one tablespoonful of lemon juice. Add a little honey to white cream cheese and spread on dainty rounds of bread instead of butter. Place a layer of the sliced bananas between the two slices. Preserved ginger and orange peel minced fine and mixed with a little sweet cream may be used for filling.

LOBSTER SANDWICHES.

Mix the coral of the lobster with a little butter and spread on thin slices of wheat bread. Dust with a little paprika. Have half a cup of the lobster meat chopped rather fine and mix with one tablespoonful of mayonnaise. Put this between the buttered slices with a lettuce leaf on each slice. Press the slices together. Serve on a small meat platter, garnished with lettuce and olives.

OYSTER SANDWICHES.

Half a dozen large oysters fried and perfectly cold, lay a crisp lettuce leaf dipped in French dressing on the buttered slices of white bread or spread a little dressing on each leaf. Cut the oysters into nice little slices crosswise, rejecting the hard part, and lay the slices, overlapping one another, between the lettuce leaves.

WATERCRESS SANDWICHES.

Select a five-cent bunch of fresh watercress; remove the stems and chop the leaves fine; add four to six tablespoonfuls of salad dressing to the chopped leaves; mix, and spread over thin slices of bread. These sandwiches are appetizing.

CELERY SANDWICHES.

Chop fine three full-size stalks of celery; add to this enough salad dressing to make a thick paste; spread evenly over thin slices of white, graham, rye, or Boston brown bread; form sandwiches and cut these into squares or fingers.

CAVIAR SANDWICHES.

This form of sturgeon roe is becoming more and more popular with Americans, but one is rarely offered a perfectly made caviar sandwich. This is the way they should be made: Put into a soup-plate two tablespoonfuls of caviar, one tablespoonful of salad dressing and a scant half teaspoonful of chopped onion; mix together, and while mixing, squeeze in the juice of half a juicy lemon, using care to remove the seeds. Spread the paste over dry thin slices of bread; form sandwiches and cut these into fingers. The onion may be omitted if objected to.

OLIVE SANDWICHES.

This is a unique way of serving olives at teas and receptions. Cut the flesh from the stones of half a dozen queen olives, chop it fine, add to it a scant tablespoonful of salad dressing. Mix and spread on thin slices of buttered bread; form sandwiches and cut these into squares or fingers. Stuffed olives are very appetizing served this way.

A sandwich which enjoys great vogue at New York teas is easily made. Butter three slices of white bread and two of graham. Lay light then dark on top of one another alternately and press carefully together, then cut like layer cake in pieces half an inch wide.

GARNISHES

For oysters, sardines, fish, roast veal or salads, lemon slices make a desirable garnish. For cold meats, chops and cutlets, parsley or celery tops.

For decorating fowl nothing better than watercress can be used. Balls made of boiled rice with jelly on each are attractive on a plate of cold meat.

In garnishing cold corned beef sliced gherkins and large pickles sliced make an attractive garnish. For game, cold tongue, fried oysters or roast veal, currant jelly is used as garnish.

Never under any circumstances serve a heavy soup at a luncheon.

BEVERAGES

Boiling water is a very important desideratum in the making of a cup of good coffee or tea. Do not boil the water more than three or four minutes; longer boiling ruins the water for coffee or tea making, as most of its natural properties escape by evaporation, leaving a very insipid liquid, composed mostly of lime and iron, that would ruin the best coffee, and give the tea a dark, dead look. Water left in the tea-kettle over night should never be used; no matter how excellent your coffee or tea may be, it will be ruined by the addition of water that has been boiled more than once.

FILTERED OR DRIP COFFEE.

For each person allow a large tablespoonful of finely ground coffee, and to every tablespoonful allow a cupful of boiling water; the coffee to be one part Mocha to two of Java.

Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water in it, and, when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and, when all

the water has filtered through, remove the bag, and send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually so that the infusion may be stronger; and the bag must be well made that none of the grounds may escape through the seams and so make the coffee thick and muddy.

Patented coffee-pots on this principle can be purchased at most house-furnishing stores.

TO MAKE TEA.

Allow two teaspoonfuls of tea to one large cupful of boiling water. Scald the teapot, put in the tea, pour on about a cupful of boiling water, set it on the fire in a warm place where it will not boil, but keep very hot, to almost boiling; let it steep or "draw" ten or twelve minutes. Now fill up with as much boiling water as is required. Send hot to the table. It is better to use a china or porcelain teapot, but if you do use metal let it be tin, new, bright and clean; never use it when the tin is worn off and the iron exposed. If you do you are drinking tea-ate of iron.

To make tea to perfection, boiling water must be poured on the leaves directly it boils. Water which has been boiling more than five minutes, or which has previously boiled, should on no account be used. If the water does not boil, or if it be allowed to overboil, the leaves of the tea will be only half-opened and the tea itself will be quite spoiled. The water should be allowed to remain on the leaves from ten to fifteen minutes.

COLD TEA.

Three tablespoonfuls of tea, six tablespoonfuls of sugar, one pint of water, juice of one lemon and a half. Let the tea stand in water over night. In the morning strain and add the lemon juice and sugar. After it has again stood an hour, strain again and the tea is ready for the cracked ice. Serve in small soda glasses.

COFFEE.

Be careful in buying coffee not to get too much at a time, as it loses its flavor, no matter how well sealed. For the small family the pulverized is best. Get a half pound of coffee and keep in an air tight glass jar.

Never put dry coffee into the coffee pot, it makes it very hard to keep clean inside. A little cold water should be poured in first, then the egg, and last the coffee, then mix all together thoroughly.

COFFEE.

Mix two tablespoonfuls of ground coffee with a teaspoonful of raw egg and two tablespoonfuls of cold water. Pour on this two cupfuls of boiling water, cover closely, and let it boil up; then remove from the fire. Let it stand a few minutes to settle, then strain into a hot coffee pot through a damp cheese cloth laid on a wire strainer.

COCOA.

Three tablespoonfuls of cocoa to a half pint of water, as much milk as water, sugar to taste. Rub the cocoa smooth in a little cold water; have ready on the fire half a pint of boiling

water; stir in grated cocoa paste. Boil fifteen minutes, add the milk and boil five minutes more, stirring often. Sweeten in cups so as to suit different tastes.

LEMON SYRUP.

Take the juice of six lemons; grate the rind of three in it, let it stand over night. Then take three pounds of white sugar and make a thick syrup. When it is quite cool strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. Put into bottles, tightly corked, for future use. A tablespoonful in a goblet of ice water will make a delicious drink.

MILK PUNCH FOR INVALIDS.

One-half pint of milk made very sweet, half a wine glass of rum, stir well together. Grate a little nutmeg over the top of the glasses. Serve with straws in each glass.

WINE WHEY FOR INVALIDS.

Sweeten to taste half a pint of milk, put in a double boiler and let come to a boil, throw in one glass of cherry wine. When the curd forms, strain the whey through a clean muslin bag into small soda glasses.

ORANGEADE.

Juice of two oranges, two tablespoonfuls of powdered sugar, four teaspoonfuls of lemon juice, one glass of finely chipped ice. Two glasses of water, shake well in a large shaker. Serve in soda glasses, and dress with fruit.

LIMEADE.

Four tablespoonfuls of lemon syrup, two tablespoonfuls of lime juice. Pour over finely chipped ice in mineral glasses. Sweeten to taste with powdered sugar.

GRAPE-JUICEADE.

Four tablespoonfuls of lemon syrup, four tablespoonfuls of grape juice, one glass of water; sweeten to taste. Stir well and serve in mineral glasses with straws.

LEMON EGGNOGG.

Two tablespoonfuls of lemon syrup, two eggs, four dashes of Angastura bitters, one teaspoonful of rum, three tablespoonfuls of powdered sugar, one glass of milk, and a cup of chipped ice. Shake well in shaker, strain, and serve in soda glasses with straws.

DELMONICO'S EGG-LEMONADE.

Two fresh eggs, two tablespoonfuls lemon juice, one and a half tablespoonfuls powdered sugar, one glass of finely chipped ice. Shake well in shaker, strain, and serve.

EGG-PINEAPPLE.

Half a cup of pineapple syrup, one cup of sweet cream, two eggs, one glass of chipped ice, three tablespoonfuls and a half of powdered sugar. Shake and serve in soda glasses with straws.

MINT JULEP.

Dampen a small bunch of mint, dust with powdered sugar, bruise slightly and pour over it a little boiling water; allow

this to draw, then strain into a tall, thin glass quite filled with finely cracked ice; dress the glass with sprigs of mint, and pour in enough brandy to fill. Do not stir, but stand it away till thoroughly cool. Serve with straws.

HOT CLAM SODA.

One teaspoonful of clam juice and a little cream; fill cup with hot water, stir with a spoon, and add salt and pepper.

CREAM DE BEEF BOUILLON.

Add one ounce of sweet cream to a cup of beef bouillon and top with whipped cream and you have a delicious drink.

DOROTHY ALE.

Juice of one orange, three teaspoonfuls powdered sugar, one egg, one ounce grape juice, one-fourth ounce port wine, small quantity shaved ice; fill glass with plain water; shake, put in lemonade glass, finish with a slice of pineapple and a cherry.

HOT EGG MILK.

Two teaspoonfuls of sugar, one ounce cream, one egg, hot milk to fill an eight-ounce mug. Top with whipped cream and sprinkle with nutmeg. If there is no facility for keeping hot milk, use about two ounces of cream, and fill the mug with hot water.

TOAST.

Here's to the Lady we love and the friend we trust.

And to the one who thinks the most good and speaks the least ill of his neighbor.

BREAKFAST FOODS

VITOS BREAKFAST FOOD.

To four and one-half cupfuls of boiling water, add one teaspoonful salt and stir in gradually one cupful Pillsbury's Vitos. Let boil two minutes while stirring, then cook in a double boiler thirty minutes. If time allows, the flavor is much improved by longer cooking. With a single boiler the cooking of Vitos may be accomplished in fifteen minutes, but this needs careful watching, as the cereal is likely to become scorched, and this manner of cooking is wasteful. Serve Vitos with rich cream and sugar.

CREAMED VITOS.

To two and one-half cupfuls boiling water add one teaspoonful of salt and stir in slowly one cupful of Pillsbury's Vitos. Let this boil five minutes, stirring all the time, then put it in a double boiler, add two cupfuls milk and let it cook for thirty minutes. Serve hot with cream.

VITOS WHEAT FOOD WITH APPLES.

Core apples, leaving large cavities; pare and cook until soft in syrup made by boiling sugar and water together. Fill cavities with Pillsbury's Vitos mush and serve with sugar and cream. The syrup should be saved and re-used.

SIMPLE BREAKFASTS

Vitos. Sugar and Cream.
Liver and Bacon.
Toast. Coffee.

Peaches. Sugar and Cream.
Egg Omelet.
Muffins. Maple Syrup.
Coffee.

Vitos. Sugar and Cream.
Broiled Bacon. Baked Potatoes.
Bread and Butter. Coffee.

Baked Apples. Sugar and Cream.
Eggs on Toast.
Coffee.

Sliced Oranges.
Creamed Chipped Beef.
Toast. Coffee.

Raspberries. Sugar and Cream.
Batter Cakes. Maple Syrup.
Coffee.

A Cereal with Cream and Sugar.
Veal Steak. German Fried Potatoes.
Toast. Coffee.

Cantaloupes.
Codfish Balls. Baked Potatoes.
Toast. Coffee.

Sliced Peaches. Sugar and Cream.
Little Pigs in Blankets.
Creamed Potatoes.
Toast. Coffee.

Peaches. Sugar and Cream.
Waffles. Maple Syrup.
Coffee.

Cantaloupes.
Lamb Chops. Baked Potatoes.
Toast. Coffee.

Strawberries. Sugar and Cream.
French Toast. Maple Syrup.
Coffee.

Baked Apples. Sugar and Cream.
Pork Chops. Creamed Potatoes.
Toast. Coffee.

SIMPLE LUNCHES

Cold Tongue. Tomato Ketchup.
French Fried Potatoes.
Rye and White Bread.
Peaches. Sugar and Cream.
Milk.

Cold Roast Beef Sandwiches.
Lettuce Salad.
Strawberry Shortcake. Cream.
Coffee.

Cold Roast Pork. Hot Biscuits.
Apple Salad.
Cake. Lemonade.

Cold Sliced Ham. Potato Chips.
Lettuce. Bread and Butter.
Cheese. Soda Wafers.
Lemonade.

Cold Sliced Beef. Horeradish.
French Fried Potatoes.
Bread and Butter.
Strawberry Shortcake. Tea.

Salmon Salad. Potato Chips.
Soda Wafers. Bread and Butter.
Lemon Cake. Coffee.

Schmier Käse. Rye Bread and Butter.
Hot Baked Apples. Sugar and Cream.
Iced Tea.

Chicken Sandwiches. Lettuce.
Strawberries and Cream.
Iced Tea.

A SIMPLE LUNCHEON

Strawberry Cocktail.

Creamed Fish in Ramekin Cases.

Soda Biscuits.

Fried Chicken. Cream Sauce.

French Peas.

Cucumber Salad.

Wafers. Cream Cheese.

Coffee.

Bouillon in Cups. Croutons.

Broiled Chicken. Cream Sauce.

Rolls. Coffee.

Celery Salad. Wafers.

Nut Sunde.

FOR THE CHAFING DISH

WELSH RAREBIT.

One-half pint ale heated to boiling point, cut up fine one pound ordinary cheese, beat one egg and add to the cheese, together with two teaspoonfuls mustard, one teaspoonful of salt, one saltspoonful of cayenne pepper. Put all into the beer, stirring constantly, but carefully, until smooth, but no longer. Serve at once on toast or crackers.

ENGLISH RAREBIT.

Cut finely a cup of cheese and crumb a cup of bread crumbs, put in your chafing dish or frying pan a piece of butter the size of a walnut, add the cheese and stir it to a cream. Moisten the bread crumbs with a cup of milk, thicken with three eggs well beaten. This will serve six or eight persons.

CHEESE DREAMS.

Cut thin slices of bread and spread with butter; between two slices of the bread sandwich a thin slice of cream cheese. Fry quickly in butter in a chafing dish or frying pan.

FOR THE CHAFING DISH

SHRIMP WIGGLE.

Make a white sauce of one tablespoonful of butter, one tablespoonful of flour, one-half pint milk. When thick add one-half can shrimps and one-half can green peas. Serve when the shrimps and peas are hot.

NEW YORK CHAFED OYSTERS.

Put one pint of oysters in a chafing dish, add butter size of an egg, salt, pepper and Worcestershire sauce to taste. When the oysters begin to heat, add flour a little at a time, to prevent lumps, stirring well, until the gravy is slightly thickened. Serve on hot plates.

PIGS IN BLANKETS.

Drain and wipe large oysters. Pin around each a thin slice of bacon. Fasten it with a wooden toothpick. Cook them in the hot blazer until the bacon is brown and crisp.

STEWED KIDNEYS.

Split the kidneys and cut each in three pieces. Brown them in butter. Stir flour and water in the pan to make a brown sauce, and cook the kidneys in this for ten minutes.

BROILED LAMB CHOPS.

Have rib chops, with the bones removed, rolled into rosettes. Broil in the hot blazer from eight to ten minutes, turning them several times. Season with salt, pepper and butter. Broiled tomatoes should accompany this dish.

BROILED TOMATOES.

Cut large tomatoes in thick slices, without peeling. Sprinkle them with a little salt, pepper and sugar and roll them in cracker dust. Put a tablespoonful of butter in the blazer, and put in the slices of tomato. Turn frequently until done.

WELSH RAREBIT.

Three cups of cheese, ale, red pepper, one tablespoonful of butter, one saltspoonful of mustard, one saltspoonful of salt, one saltspoonful of soda or bicarbonate of potash. Put the butter in the blazer over boiling water. Break the cheese in small pieces and stir it in the melted butter. Season it with salt, pepper, and dry mustard, and stir in the soda or potash. As the cheese begins to soften, slowly add the ale, two or three tablespoonfuls, stirring constantly. In a few moments it will be a smooth, thick cream. Stop cooking at once, before it has time to curdle. If the cooking stops too soon it will be stringy. Serve on toast or crackers. A soft, rich cheese should be used. The American cream cheese is very good. The Welsh rarebit calls for ale. Cream may be substituted for the ale, to make a temperance rarebit.

BROWN SAUCE.

One tablespoonful of butter, one tablespoonful of flour, one tablespoonful of onion juice, two cups of beef stock. Cook the onion, butter and flour until it is brown, add the stock, and season the gravy. Beef extract and water may be used instead of stock.

CHEESE SOUFFLE.

Three cups of cheese, two eggs, one saltspoonful of soda, one saltspoonful of salt, one saltspoonful of mustard, one tablespoonful of butter, one-half cup of hot water, one teaspoonful of Worcestershire, one teaspoonful of lemon juice, and a little red pepper. Melt the butter in the blazer over the hot water. Put in the cheese, broken in small pieces, and add the seasoning. Dissolve the soda in the water and gradually pour it in the melting cheese. Beat the eggs separately until very light. Add a little cold water to the yolk while beating, and stir them into the cheese. As soon as it is smooth and creamy, put in the Worcestershire and lemon juice. Whip in the white of the egg last. Serve at once, on toast.

CREAMED SWEET BREADS AND PEAS.

Make a white sauce from two tablespoonfuls of butter. When melted, stir in two tablespoonfuls of flour, and when well blended add gradually one pint of milk. When thick, season with pepper and salt, then add one-half pint of sweet-breads (boiled and cut in dice) and one-half pint of green peas. Heat thoroughly and serve.

CREAMED MUSHROOMS.

Cook small mushrooms for ten minutes in a little salted water. Drain them and add white sauce.

CREAMED CHICKEN.

Cold roast chicken or turkey, two cups of white sauce and two tablespoonfuls of salad oil. Cut the chicken or turkey in slices and dip them in the oil. This should be done an hour

before cooking in the chafing dish. Then prepare the white sauce and cook the chicken in it for about five minutes.

DEVILED TONGUE.

Sprinkle slices of tongue with mustard and red pepper, and pour over a little salad oil. Place the slices together in one pile, and let them remain an hour. Then brown them in hot butter. Serve with slices of brown bread.

SCALLOPED OYSTERS.

Put layers of buttered bread crumbs, well seasoned with salt and pepper, and layers of oysters in the blazer over hot water. Have crumbs for the last layer. Cover the pan and cook ten minutes.

LOBSTER A LA NEWBURG.

One lobster, one cup of cream, red pepper, two tablespoonfuls of butter, yolks of three eggs, three tablespoonfuls of sherry, salt. Cut one large or two small lobsters in small slices. Cut with a silver knife. Put it in the blazer with the butter. Season with salt and a dash of red pepper, and pour over the sherry. Cover the pan and cook five minutes. Mix the beaten eggs with the cream, and pour it on the lobster. Serve as soon as it boils. Shrimp and hard-shelled crab may be prepared the same.

SPRING CHICKEN.

Take one spring chicken and split open, lay in cold water for one hour; one-half Bermuda onion sliced and one-fourth pound best butter. Braise the onion to a delicate brown; one-half teaspoonful of paprika, steam chicken thoroughly and

braise and cover until nearly done; do not break the chicken; put in one tablespoonful flour, shake well, add one pint of rich cream, let it come to a boil and season to taste, strain the sauce and pour over the chicken and let it simmer over a slow fire three-quarters of an hour; when ready to serve add one gill of sparkling Tokay wine. Cook in chafing dish.

FRIED CHICKEN.

Cut the breast in pieces and lay in salt and water for a short time, wipe dry and roll in flour; fry in hot lard and butter, season with salt and pepper, fry parsley also. Make a gravy of cream seasoned with salt and pepper, a little mace and thicken with flour, in the pan in which the chicken has been fried.

ROAST OYSTERS ON TOAST.

Cut slices of bread round with sharp cookey cutter, toast lightly and butter. Wash and wipe some fine large oysters, spread as many as possible on each slice of toast, season with salt, pepper and plenty of bits of butter; put in hot oven till edges of the oysters curl; serve at once.

CREAMED CHICKEN AND MUSHROOMS.

To one pint of cream or white sauce add one pint of cold chicken chopped fine, and add one-half pint mushrooms. Heat and serve hot.

PANNED OYSTERS.

Have the chafing dish hot and then turn in a pint of oysters, which have been drained well, season with salt, pepper

and celery salt, adding butter, and when the oysters begin to curl on the edges, serve on dry toast.

FRIED TOMATOES.

Slice the tomatoes as for broiling, dredge with flour, fry a light brown in butter, lay them in a hot chafing dish. To the butter in the spider add a little more butter, add as much flour as you did butter, stir well and add milk or cream, season to taste and pour over the tomatoes. It is best to serve either fried or broiled tomatoes in a chafing dish, as they cook very quickly.

CREAMED EGGS WITH CHEESE.

Cook three eggs until hard, slice when cold into one cup of white sauce. When boiling hot stir in carefully two table-spoonfuls grated cheese and season with cayenne. Serve on rounds of toast.

CHEESE AND HAM.

To one cup of white sauce add one-half cup chopped ham, one-half grated cheese, one-half teaspoonful cayenne. Serve on toast.

PIES

All of the materials must be as cool as possible.

Pastry flour should be used.

The following fats may be used alone or in combinations of two; butter, butterine, lard, cottolene, beef drippings. The fat should not be cut very fine, if a flaky crust is desired. Baking powder is sometimes used.

The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only, and on one side, using but little flour. The dough is rolled thin and baked until brown.

All pies made with fresh fruit should be made without an under crust, and cooked in a deep earthen-ware plate. Fill the plate very full. If sugar is used with fruit pies, it should be placed on the bottom of the pie plate. Meat and oyster-pies should also be made without an undercrust. The crust should be cut in several places to allow the steam to escape.

If an under crust is used, this crust should be baked on the outside of a tin plate, then filled. In this case, the crust must be pricked all over with a fork so that it may keep its shape.

If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of paste should be placed around the edge of the under-crust.

This strip should also be moistened, and the upper crust placed over the pie and pressed slightly around the edge.

The paste may be made the day before using, then covered and placed on ice. It rolls more easily if placed on ice after mixing.

PLAIN PASTRY.

One and one-fourth cupfuls of pastry flour, one-fourth teaspoonful of salt, one-third cupful of fat and butter, one-half of each, ice water. Mix in the order given.

PIE CRUST FOR ONE PIE.

One large cup flour, one-half cup shortening (lard and butter mixed) rubbed through the hands into the flour, a little salt, and wet with ice-cold water to make the dough just so it can be handled; flour the board, or, what is better, a marble slab. Divide the crust in two parts and cover the plate, reserving the rest for upper crust. This is a plain crust and just enough for one pie. Especially good for fruit pies.

PIE CRUST.

One even cupful of flour, and one teaspoonful of salt. Sift several times. Cut into the flour half a cup of ice cold lard, add four tablespoonfuls of ice cold water, stir with a spoon. Divide the paste in two equal parts, roll out one part for the under crust. The other half roll out an eighth of an inch thick, dot it with a teaspoonful and a half of butter, dredge very lightly with flour, fold up to the smallest size possible, pat with the rolling pin, and roll out once, pressing the rolling pin this way and that. Slash with a knife any design you like, lay upon the fruit in the pan, pinch the edges together; trim. Bake in hot oven.

GRANDMOTHER'S PUMPKIN PIE.

Eight tablespoons pumpkin, one cup of sugar, one egg, one cup of milk, one teaspoonful molasses, pinch of salt; stir all together and set over a dish of hot water until it thickens; then fill the crusts and bake in a moderate oven.

GRANDMOTHER'S APPLE PIE.

One pint of flour and one teaspoonful salt, one tablespoonful of lard and two of butter, six tablespoonfuls of ice water, five good sized tart apples, one and one-half cups sugar, butter the size of walnut, one half cupful water and either cinnamon, nutmeg or allspice to suit the taste; put flour, salt, lard and butter into a chopping bowl and chop until the lard and butter are like small sized peas; then add the water without mixing; turn out on the board and roll and fold over; continue to do so until the crust is smooth; then line the pie-tin and fill with sliced apples and spice; do not put on a particle of sugar; then the upper crust with a slit cut in it; bake; put on the fire the sugar, water and butter; boil fifteen minutes or until it thickens; then pour through the slit you have made in the pie before it was baked; this sweetens the pie; the crust is not soggy, and the juice does not run out in the oven while baking as in the old way.

RIPE CURRANT PIE.

One cupful of mashed ripe currants, one of sugar, two tablespoonfuls of water, one of flour, beaten with the yolks of two eggs. Bake; frost the top with the beaten whites of the eggs and two tablespoonfuls of powdered sugar and brown in the oven.

APPLE LEMON PIE.

Two tart apples chopped fine, two eggs beaten, juice of two lemons, grated rind of one, a pinch of salt; bake between two crusts.

RASPBERRY PIE.

Line a shallow pudding dish, or deep plate, with pie crust and fill with berries; a cup of granulated sugar, mixed with one tablespoonful of flour; cover with a tolerably thick sheet of crust; make several incisions for the escaping steam; bake until crusts are a delicate brown; serve cool.

CHERRY PIE.

Line your pie tin with good crust, fill half full with ripe stoned cherries; sprinkle over them one cupful of sugar, one teaspoonful of flour sifted, dots of butter here and there. Now fill the crust to the top with more cherries. Cover with the upper crust and bake. This is a most delicious pie.

MINCE MEAT.

One half a cupful of mixed candied citron, lemon and orange peels, half a cupful of suet, a cupful and a half of mixed raisins and currants, a cupful and a half of chopped apples, one cupful of cooked beef chopped fine, one heaping tablespoonful and a half of molasses, three tablespoonfuls of brown sugar, one teaspoonful and a half of mixed spices (nutmeg, allspice, cloves, cinnamon and black pepper), three pinches of salt, half a cup of brandy and half a cup of cider mixed. Cover the raisins with cold water and seed them. Wash and pick over the currants, cover both currants and raisins with

cold water and cook slowly until the water has boiled away. Add the candied fruit and suet chopped fine, sugar, molasses, spices and cider, boil slowly one hour and ten minutes, stirring quite often. Mix apples and meat together, add salt and other ingredients, cook thoroughly fifteen minutes. Put away in jar in a cool place until wanted. This makes one large pie. Before covering the pie, it is a good idea to lay on top a few nut meats, either hickory or English walnuts.

Mince meat should stand at least three days before using.

PIE PLANT PIE.

Wash and skin the pie plant, and cut in inch length pieces, put in granite pan and cover with cold water and heat to boiling and drain off the water; to two cupfuls of pie plant add one cupful sugar, a tablespoonful of flour mixed. Line the plate with paste, put in the pie plant and cover with thin crust with slashes for steam to escape, and keep the juice from running out while cooking. Bake till the crust is a delicate brown.

BAKERS' CUSTARD PIE.

Beat up the yolks of three eggs to a cream. Stir thoroughly a tablespoonful of sifted flour into three tablespoonfuls of sugar; this separates the particles of flour so that there will be no lumps; then add to it the beaten yolks, put in a pinch of salt, a teaspoonful of vanilla and a little grated nutmeg; next the well-beaten whites of the eggs; and, lastly, a pint of scalded milk (not boiled) which has been cooled; mix this in by degrees and turn all into a deep pie-pan lined with puff paste, and bake from twenty-five to thirty minutes.

WHIPPED CREAM PIE.

Line a pie plate with a rich crust and bake quickly in a hot oven. When done, spread with a thin layer of jelly or jam, then whip one cupful of thick sweet cream until it is as light as possible; sweeten with powdered sugar and flavor with vanilla; spread over the jelly or jam; set the cream where it will get very cold before whipping.

CRANBERRY PIE.

Take fine, sound, ripe cranberries and with a sharp knife split each one until you have a heaping coffee cupful; put them in a vegetable dish or basin; put over them one cupful of white sugar, half a cup of water, a tablespoonful of sifted flour; stir it all together and put into your crust. Cover with an upper crust and bake slowly in a moderate oven. You will find this the true way of making a cranberry pie.

APPLE PIE.

Wipe and cut tart apples into eighths; remove the cores and skins. Vary the amount of sugar according to the acidity of the apples, using two tablespoonfuls or more for an apple. If the apples are not juicy, add from one-half tablespoonful to one tablespoonful water, according to the size of the apple.

The apples may be flavored with lemon juice, cinnamon or nutmeg, and should be covered with bits of butter. Bake until the apples are soft and the crust is brown. Apple sauce may be used on a baked crust.

LEMON PIE.

One-fourth cupful flour, one cupful sugar, one cupful of boiling water, juice and rind of one lemon, four tablespoon-

fuls of powdered sugar, four teaspoonfuls of butter, two eggs. Beat the yolks of eggs until light. Mix the sugar and flour together. Add the boiling water slowly. Cook twenty minutes, stirring frequently, add the mixture to the egg, add butter and lemon, and cook until the egg thickens. When the mixture is cool, place it in a baked crust. Cover with a meringue, and bake until a delicate brown.

LEMON PIE.

Line a pie dish with crust and bake a nice brown; take one cupful sugar, one tablespoonful butter, yolk two eggs, juice and rind of lemon; rub together; place on stove, and add one cupful boiling water; when it comes to a boil, stir in three tablespoonfuls flour dissolved in cold water; when it is thoroughly cooked, place in crust and make a meringue of the whites; put on top and set in oven to brown; one pie.

SQUASH PIE.

Take one part of a Hubbard squash, cut in half, scrape out the seeds and peel; put into a saucepan and cover with salt water. Mash fine; one good cupful will make a pie. Use the other as a vegetable. Beat the yolk of one egg with four tablespoonfuls of sugar, a half teaspoonful of ground ginger, three pinches of salt, and two-thirds of a cup of hot milk; pour on slowly, stirring all the time. Add a teaspoonful and a half of butter and a heaping cup of hot mashed squash, a scant teaspoonful of flour, three pinches of grated nutmeg. Beat all together, add the white of the egg beaten to a froth. Beat thoroughly, and pour in pie pan; sprinkle a little brown sugar over the top. Bake in a hot oven ten minutes.

FIG PIE.

Stew one dozen large figs in one teacupful of water and a half teacupful of sharp vinegar. Stew the figs until soft, then add a half teaspoonful of butter, sugar to taste and a little flour. Bake with an under and upper crust.

CREAM PIE.

Yolks of two eggs, two tablespoonfuls of corn starch, two tablespoonfuls of sugar, and one pint of rich milk. Flavor to the taste; put the yolks and whites together, or spread the whites over the top of the pie.

LEMON PIE.

One cup of sugar, three eggs, three-fourths of a cup of water, one lemon, and one tablespoonful of corn starch. Beat the sugar and grated rind of lemon with the yolks of eggs, add the juice of lemon and the water and corn starch. Cook in double boiler until it thickens. Fill the pie and bake. Beat the whites of the eggs to a stiff froth, add sugar, spread over the pie when baked, then bake a light brown.

SMALL LEMON PIE.

Moisten one heaping tablespoonful of corn starch with a little water, add a cupful of boiling water. Stir over the fire until it boils three minutes; add a teaspoonful of butter and one cupful of sugar. Take off the fire and when slightly cooled, add one beaten egg and the juice and grated rind of one lemon. Bake with a crust.

HEART MINCE MEAT.

One beef or ox heart, boiled down in its own liquor, which can be added to the mince meat. Chop heart fine and add as much chopped apples as you have meat, half a pound each of seeded raisins, currants and citron, one grated nutmeg, one teaspoonful of powdered mace, one cupful of molasses, one orange and lemon chopped fine, one tablespoonful of salt. Mix ingredients and boil three quarts of cider with enough sugar to sweeten, then add one-half cupful each of butter and lard, pour over the other ingredients boiling hot, and mix thoroughly. Put away in covered stone jar in a cool place for future use. If desired, just before serving, raise the crust and allow one spoonful of brandy for each portion. Mince meat should be at least one week old before using.

LEMON PIE.

One cupful sugar, one teaspoonful butter, two eggs, reserving whites for frosting, one lemon, juice and grated rind, one and one-half cupfuls hot water, two good slices bread grated, rejecting the crust; when pie is baked frost with the beaten and sweetened whites and return to oven to brown.

CREAM PIE.

One and one-half pints of milk or cream, piece of butter size of an egg, yolks of four eggs, two heaping teaspoonfuls flour and cornstarch mixed; sweeten to taste and cook well and flavor with vanilla; bake the crust and then pour in the custard; beat the whites of the eggs with a little sugar and flavoring to taste; spread over the pie and brown in the oven; this will make custard for two pies.

APPLE PIE.

Peel, core and slice green apples enough for a pie; sprinkle over three tablespoonfuls and a half of sugar, one teaspoonful of cinnamon, three teaspoonfuls of sifted flour, two tablespoonfuls of water, half a teaspoonful of butter. Stir all together with a spoon. Put into a pie tin lined with pie paste. Cover with a top crust and bake thirty-five minutes. This is a delicious pie.

COCOANUT PIE.

Half a cupful of dried cocoanut soaked in one cupful of milk, two beaten eggs, one teacupful of sugar, butter the size of an egg. This will make one small pie. Very nice with sugar and whites of eggs beaten to a froth on top.

PEACH PIE.

Peel, stone and slice the peaches. Line a pie pan with crust and lay in your fruit, sprinkling sugar liberally over them. Allow four peach kernels chopped fine to a pie. Bake with an upper crust. You will find the perforated pie tin the best.

CAKES

OATMEAL COOKIES.

Two cupfuls of flour, two cupfuls of Quaker oats, two eggs, one cupful of sugar, and one cupful of shortening, (butter, lard, suet, or both), one teaspoonful of salt, one teaspoonful of cinnamon, one teaspoonful of soda sifted in the flour, and one cupful of raisins. When all stirred together, drop on the tin in drops the size of an English walnut. Bake in a hot oven. These will keep for months in a covered butter jar.

ANGEL CAKE.

The whites of six eggs, three-fourths cup of flour, three-fourths cup of sugar, one-half teaspoonful cream of tartar, and a pinch of salt. Flavor according to taste and bake in a small sized angel cake tin.

Directions—Sift flour seven times and sugar seven times. Put the cream of tartar and salt in the flour the last time you sift it. Have your oven ready. It must be moderately cool and even. Now beat the eggs quickly to a stiff froth, add the sugar gradually while stirring rapidly and lastly add the flour gradually, still stirring rapidly and put in the tin and bake forty minutes in a quiet room. Let cake cool a little before

taking it from pan. When testing cake to see if it is baked enough, use a broom straw.

YALE CAKE.

Beat the yolks of eight eggs with one cupful of sugar and three-fourths of a cupful of butter which has been creamed, two cupfuls of sifted flour, half a teaspoonful of soda in half a cupful of sweet milk. When well mixed bake in a shallow pan.

WHITE SPONGE CAKE.

Whites of five eggs, one cupful of flour, one cupful of sugar, one teaspoonful of baking powder. Flavor with vanilla. Bake in a hot oven quickly.

CHOCOLATE LAYER CAKE.

One cupful of sugar, two cupfuls of flour, one cupful of milk, four eggs, two teaspoonfuls of baking powder, flavor to suit taste.

Filling and Icing—One-half cupful of grated chocolate, one large cupful of sugar, one-fourth cupful of milk, butter the size of an English walnut. Mix and put on the stove to boil. It should not be stirred while boiling. Boil ten minutes and then set off and let cool, stirring occasionally. When cool put between and on top of the cake. If it is not thick enough, put back on stove and cook a little more.

CHOCOLATE CREAM FOR FILLING.

Five tablespoonfuls of grated chocolate, enough cream or milk to wet it, one cupful of sugar, one egg, one teaspoonful of vanilla flavoring. Stir the ingredients over the fire

until thoroughly mixed, having beaten the egg well before adding it; then add the vanilla flavoring after it is removed from the fire.

BANANA FILLING.

Make an icing of the whites of two eggs and one and one-half cups of powdered sugar. Spread this on the layers, and then cover thickly and entirely with bananas sliced thin or chopped fine. This cake may be flavored with vanilla. The top should be simply frosted.

LEMON SPONGE LAYER CAKE.

Four eggs, two cupfuls of sugar, two cupfuls of flour, two teaspoonfuls of baking powder, three-fourths cupful of boiling water. Beat the yolks and sugar till very light, add flour and whites alternately, and, just before putting in the oven stir in the boiling water. Bake in a large pan or in layers.

Icing—White of one egg, large cup of sugar, the grated rind and juice of half a lemon. Spread between the layers and ice over the top.

BROWN COOKIES.

Two cupfuls of brown sugar, half a cupful each of lard and butter, two eggs, and one cupful of strong hot coffee in which dissolve one scant teaspoonful of soda, one teaspoonful each of cinnamon, cloves and nutmeg, and as many chopped raisins, citron, and nuts as you desire. Thicken with flour and drop from spoon in little round cakes. Bake in moderate oven.

SOPHIA'S LADYFINGERS.

One cup of sugar, two eggs, beaten separately, one-half cup of hickory nuts chopped fine, one teaspoonful of baking powder, the grated rind of one lemon. Mix sugar and yolks, add the nuts and whites of eggs and flour enough to roll out, sprinkle lightly with sugar, cut into strips three inches long and one inch wide, and bake in moderate oven. Delicious.

COCOANUT DROPS.

Beat the whites of two eggs, add half a cupful of sugar, one tablespoonful of flour, one cupful of cocoanut; mix lightly and drop on oiled paper, and bake in a very moderate oven.

ALMOND MACAROONS.

One cupful and three quarters of chopped almonds, one cupful and three-quarters of powdered sugar, whites of three eggs, one heaping teaspoonful of cinnamon. Beat eggs very stiff, and add other ingredients, drop on parafined pan and bake in a very moderate oven.

SOUR CREAM COOKIES.

Take one cup of butter, one cup and a half of sugar, two eggs, one cup of sour cream and one teaspoonful of soda. Beat sugar and butter to a cream, add the two beaten eggs, mix soda with cream and add flour enough to roll out thin. Sprinkle lightly with sugar, cut, and bake in quick oven.

FRUIT CAKE. (EXCELLENT.)

Two scant teacupfuls of butter, three cupfuls of dark brown sugar, six eggs, whites and yolks beaten separately, one pound

of raisins, seeded, one of currants, washed and dried, and half a pound of citron cut in thin strips; also half a cupful of cooking molasses and half a cupful of sour milk. Stir the butter and sugar to a cream, add to that half a grated nutmeg, one tablespoonful of ground cinnamon, one teaspoonful of cloves, one teaspoonful of mace, add the molasses and sour milk. Stir all well; then put in the beaten yolks of eggs, a wine-glass of brandy; stir again all thoroughly, and then add four cupfuls of sifted flour alternately with the beaten whites of eggs. Now dissolve a level teaspoonful of soda and stir in thoroughly. Mix the fruit together and stir into it two heaping tablespoonfuls of flour; then stir it in the cake. Butter two common-sized baking tins carefully, line them with letter paper well buttered, and bake in a moderate oven two hours. After it is baked, let it cool in the pan. Afterward put it into a tight can, or let it remain in the pans and cover tightly. Best recipe of all.

PARIS STICKS.

One and three-quarters cupfuls of chopped almonds, one cupful pulverized sugar, the whites of two eggs beaten to a froth, the grated rind of one lemon. Mix ingredients and roll out on pulverized sugar; cut into strips an inch wide and put into parafined pans. Bake in a slow oven. Excellent.

MRS. B'S. COOKIES.

Two cups of sugar, four beaten eggs, two cups and a half of flour, one-quarter of a teaspoonful of ground cloves, one teaspoonful of cinnamon, two ounces of citron, three ounces of chopped almonds, two teaspoonfuls of baking powder. Beat eggs and sugar and add other ingredients. Roll out thin and

cut into diamond shape and let stand over night. In the morning take whites of two eggs, beat slightly, then add enough pulverized sugar to stiffen, spread over cookies and bake in a slow oven. Fine.

DOUGHNUTS.

One-half cup of sugar, one egg, one cup of milk, one tablespoonful of melted lard, one pinch of salt, three teaspoonfuls of baking powder in part of flour; add flour enough to roll out the dough, cut, and fry in very hot lard. When brown on both sides, drain on unglazed paper. Sprinkle with powdered sugar.

BROD TORTE.

Four tablespoonfuls of chopped almonds, rind of one lemon, four tablespoonfuls of citron, twelve eggs beaten separately, two teaspoonfuls of cinnamon, half a teaspoonful of cardamom, one teaspoonful each of cloves and mace, one small cup of sifted stale graham bread crumbs, which you moisten with one glass of wine. Mix the beaten whites of eggs in last, and bake in slow oven one hour. This is a German Holiday cake and very fine.

COCOANUT CAKE.

Cream together three-quarters of a cup of butter and two of white sugar, then add one cup of sweet milk, four eggs, whites and yolks separately beaten, the yolks added first to the butter and sugar, then the whites. Flavor with lemon or vanilla. Mix three heaping teaspoonfuls of baking powder in three cups of sifted flour and add last. Bake in jelly pans.

For Filling—Make an icing by heating the whites of three

eggs and a cup of powdered sugar to a stiff froth. When the cake is cooled, spread a thick layer of this frosting over each cake, and sprinkle very thickly with grated cocoanut.

DEVIL'S FOOD.

Part 1st. Two-thirds of a cup of chocolate shaved, two-thirds of a cup of brown sugar, half a cup of sweet milk, one teaspoonful of vanilla. Put the chocolate and sugar on the stove, add the milk slowly, stirring constantly; cook until smooth. Add the vanilla when taking from the stove. Put in a pan of cold water to cool.

Part 2nd. One-half cup of butter, and one cup of brown sugar creamed; add two eggs and beat until light. Add the cooled chocolate and beat well, then add one-half cup of milk, one teaspoonful of soda sifted with two cups of flour. Beat hard, line the tin with oiled paper or butter the tin. Bake in two layers.

Chocolate Cream Filling. Six tablespoonfuls of grated or shaved chocolate, enough milk or cream to moisten, one cupful of sugar, one egg beaten. Stir the ingredients over the fire until smooth. Take from the stove and add vanilla. When cool put between and on top of the cake.

SNOW CAKE.

One pound of arrowroot, quarter of a pound of powdered sugar, half a pound of the very best butter, the whites of six eggs, flavor with essence of almonds of lemon. Beat the butter to a cream, stir in the sugar and arrowroot gradually, at the same time beating the mixture; beat the whites of the eggs to a stiff froth, add them to the other and beat well for twenty-five minutes. Then put in the flavoring. Pour the cake into

a buttered mould and bake in a moderate oven from one and a half hours.

CARAMEL FROSTING.

One cup of brown sugar, one cup of pulverized sugar, one-half cup of milk, butter the size of a walnut, four squares of Baker's chocolate, one teaspoonful of lemon essence, one teaspoonful of vanilla essence. Put the sugar and chocolate in a saucepan with the milk and boil until melted; add the butter and boil until it shreds; add the essences and beat until it is thick enough to spread upon the cake.

GRANDMOTHER'S SOFT GINGERBREAD.

Take two eggs, one teacupful of molasses, one of sugar, one of butter, one of sour milk, one-half tablespoonful of soda, one tablespoonful of ginger. Mix stiff, and bake in slow oven twenty-five minutes.

NUT CAKE.

Two cups of flour, one cupful of sugar, one-half cupful of butter, the white of one egg, two teaspoonfuls of baking powder, and one cup of nut meats cut fine. Save out a little of the flour and stir the nuts around in it, to keep them from falling. Add the nuts last of all.

BLACK CHOCOLATE CAKE.

One cup of sugar, two cups of flour, two-thirds full, two eggs, two even teaspoonfuls of cream of tartar, one-half cup of butter, one-half cup of milk, one even teaspoonful of soda, one even teaspoonful of vanilla. Mix as usual and add the following mixture: One-half cake of Baker's chocolate, one-

quarter of a cup of sugar (scant), two-thirds of a cup of milk, one teaspoonful of vanilla, one egg. Cut the chocolate in pieces and put in a saucepan with the milk, stirring all the while. When dissolved add the egg beaten with the sugar. When cooked thick as mustard add to cake mixture and bake. Ice with thick white icing. The mixture will look very soft when ready for the oven, but do not add more flour, as the softer it is, the nicer the cake will be.

ORANGE CAKE.

Beat a cup of butter to a cream; add a cup and a half of granulated sugar; beat and mix well. Beat four eggs, the lighter the better; add these; then add one cup of milk; stir well; sift two cupfuls of flour in which are two teaspoonfuls of baking powder; add, mix well and beat.

Grease three layer pans with lard, pour in the mixture and cook fifteen minutes in a quick oven. To the rind and juice of one orange, add the white of one egg, and sufficient powdered sugar to make a stiff frosting. Use this also as filling between the layers. If desired, an orange may be divided into sections and the frosting decorated with these. This cake is delicious.

MARBLE CAKE.

White Part.—Whites of four eggs, one cup of white sugar, half a cup of butter, half a cup of sweet milk, two teaspoonfuls of baking powder, one teaspoonful of vanilla or lemon and two and half cups of sifted flour.

Dark Part.—Yolks of four eggs, one cup of brown sugar, half a cup of cooking molasses, half a cup of butter, half a cup of sour milk, one teaspoonful of ground cloves, one teaspoon-

ful of cinnamon, one teaspoonful of mace, one nutmeg grated, one teaspoonful of soda, the soda to be dissolved in a little milk and added after part of the flour is stirred in, one and a half cups of sifted flour.

Drop a spoonful of each kind in a well-buttered cake-dish, first the light part, then the dark, alternately. Try to drop it so that the cake shall be well-streaked through, so that it has the appearance of marble.

STRAWBERRY SHORT CAKE.

Two cups flour, two teaspoonfuls baking powder, one-half teaspoon salt, two teaspoonfuls sugar, three-quarters cup milk, one-quarter cup butter, strawberries.

Mix the flour, baking powder, salt and sugar and sift twice. Work in the butter with the tips of the fingers and add the milk gradually. Toss on a floured board, divide into two parts, pat and roll out. Bake in two layers, one on top of the other, with butter between; when cool, open with a knife. Sweeten strawberries to taste. Crush slightly and put between and on top of the short cake. Cover the top with whipped cream, sweetened and flavored with vanilla.

To one-half pint thick cream, add one-quarter cup milk and beat until stiff with the egg beater. Add one-quarter cup powdered sugar and one-quarter teaspoonful vanilla. Serve at once.

The cream may be omitted. Other fruits may be substituted.

WHIPPED CREAM CAKE.

Three-fourths cup of sugar, three eggs well beaten, one cup flour, one large teaspoonful baking powder, bake in a flat

tin; when cold split with a sharp knife, and spread with a good cup of cream (measure before whipping) whipped stiff and seasoned with vanilla and sweetened to taste.

PLAIN LAYER CAKE.

Cream one butter ball and one cupful of sugar, two eggs, beaten separately; mix yolks and sugar and butter together. Add one cup of milk, one cup and a half of flour and two teaspoonfuls of baking powder, sifted. Add the beaten whites last.

Filling—One egg well beaten, one-half cup of sugar, two tablespoonfuls of flour, mix together; one and one-fourth cups of milk, let milk come to a boil. Add one teaspoonful of vanilla.

LEMON FILLING.

Cream one cupful of sugar and two tablespoonfuls of butter, two eggs; beat sugar, butter and eggs well, then add the juice of two large lemons, juice only, beat all together and boil until the mixture is of the consistency of jelly. Let cool, and spread between layers and on top. Oranges can be used instead of lemons.

FROZEN DESSERTS

PINEAPPLE SHERBET.

Two lemons, one cupful of pineapple, one quart of water, one pint of sugar. Boil the sugar and water together ten minutes. While cooking, drop into this syrup a piece of yellow lemon rind. Mix the syrup with the juice of the lemons and the pineapple. Freeze.

RED RASPBERRY SHERBET.

One box of red raspberries crushed and heated with a little water and the seeds strained out, one pint of water and one cup of sugar boiled together, and the juice of one-half lemon. Freeze.

CARAMEL ICE CREAM.

Brown one and one-fourth cupfuls of granulated sugar in a frying pan, without water. Stir the sugar constantly over a hot fire till it melts and browns. Have ready a pint of milk heated almost to boiling point. Pour the melted sugar into the hot milk, when it will at once form in a large lump, but by stirring continually it will again dissolve. Set aside to cool, then add a good one-half pint of cream and a scant

one-half teaspoonful of vanilla. Strain and freeze. This makes one quart of ice cream.

BISQUE ICE CREAM.

Make a soft custard of one quart of milk, the yolks of four eggs, and one cupful of sugar. When at boiling point stir sugar, cream and flavor together; add lightly the whites of the eggs, pour into a mould and set on ice until required.

ICE CREAM.

One quart of milk, three-fourths pint of granulated sugar, the yolks of eight eggs, six bananas, peeled and sliced. Put the milk in a double boiler with the sugar. When scalding hot pour over the well-beaten eggs, stirring all the while, then return to the boiler and cook until of the consistency of a soft custard. Remove from the fire and add the bananas. Stir until well mingled, cool thoroughly and freeze.

LEMON SHERBET.

Make a strong lemonade and freeze. When half frozen add the stiffly beaten whites of one or more eggs.

PINEAPPLE SHERBET.

Three-fourths of a quart of water, grate a pineapple and mix with the juice of one lemon and one cup of sugar.

MILK LEMON SHERBET.

Three-fourths of a quart of milk, two lemons, one cup of sugar. Grate the rind of half of one lemon and mix with the lemon juice. Mix sugar and lemon juice well. Have freezer

cold as possible and ready. Add milk and pour quickly into freezer. When half frozen add the beaten whites of two eggs.

ORANGE SHERBET.

Six lemons, one and one-half pounds of sugar, one pint of sweet cream, the whites of six eggs, two quarts of boiling water. Pour water over the rinds of the lemons; mix the sugar with the juice, add the water, strained and cooled. After partly freezing, add the cream and eggs.

ICE CREAM.

A pretty ice cream for luncheon is banana ice cream of a delicate yellow tint served in the skin of red bananas. The skins can be made firm and stiff by laying them carefully in a pail and burying it in ice and salt.

ICE CREAM WITHOUT A FREEZER.

One pint of rich whipping cream, one cup of grated pineapple or mashed peaches, or any preferred flavoring or fruit.

First whip the cream till perfectly stiff, then add the fruit and put into a tin pail or mould and bury in a bucket of finely chopped ice and salt. In fifteen minutes take out and scrape the cream away from the edges, stir, and bury again. Do this three times and at the end of an hour you will have most delicious ice cream.

CARAMEL ICE CREAM.

One cup of milk, one egg, one cup of sugar, one pint of cream, one tablespoonful of flour, two teaspoonfuls of flavoring, a pinch of salt.

Scald the milk in a double boiler, beat the eggs, flour and

half cup of sugar together until light and then turn into the milk. Stir constantly until thickened, cooking twenty minutes; then add the second half cup of sugar which has first been stirred over the fire in a frying pan till liquid and brown. Cool, add cream and freeze.

ICE CREAM WITH GELATINE.

One pint of rich cream, one cup of milk, one cup of sugar, whites of two eggs well beaten, and one tablespoonful of gelatine dissolved in hot water. Flavor to taste.

VANILLA ICE CREAM.

One quart of cream, one small cup of sugar. Flavor to taste.

PEACH ICE CREAM.

Mash six small peaches through a sieve and mix with the cream and make as above.

SUNDAES.

Cut two figs (of some large, fine brand), into quarters and mix with vanilla cream, put in stem ice cream glasses and pour some of the juice over the top. The figs give a fine flavor to the cream.

CENTRAL SUNDAE.

A half pound of English walnuts, half pound pecans chopped together with one teacupful of powdered sugar; add enough maple syrup to suit taste. Pour over plain ice cream and serve in stem glasses.

CHERRY EARL.

Very popular. Simple maraschino cherries poured over ice cream.

BLACK AND WHITE.

Layer of ice cream with chocolate sauce poured over. Another layer of cream and sauce. Dark red cherry on top.

Fruits, Jellies, Preserves, Etc.

Fruit for preserving should be sound and free from all defects, using dry white sugar. If the sugar is the least bit moist, put in the oven and heat it, but do not let it get the least brown. There cannot be too much care taken in selecting fruit for jellies, for if the fruit is over ripe, any amount of time in boiling it will never make it jelly. In preserving be generous with the sugar.

PRESERVED CHERRIES.

Take large, ripe cherries, and to each pound of cherries allow a pound of loaf sugar. Stone the cherries and save the juice that comes from them in the process. As you stone them, throw them into a large pan or tureen and throw half the sugar over them and let them lie in it two hours after they are all stoned. Then put them in the kettle with the remainder of the sugar. Boil and skim them till the fruit is clear and the syrup thick. Put away in tightly sealed jars.

GRAPE JELLY.

Stem and pick over the berries carefully. Mash well, and pour all into a preserving kettle and cook slowly for ten min-

utes to extract the juice. Strain through a colander, and then through a jelly-bag, keeping it as hot as possible as it jellies much quicker. A few quince seeds boiled with the berries the first time tend to stiffen it. Allow a pound of loaf sugar to every pint of juice, and boil fast for twenty-five minutes. Try a little on a cold dish and when it seems done, remove and put into jelly glasses.

CURRANT JELLY.

Stem three quarts of currants and put into a small-mouthed stone jar, tie over it a thick brown paper, set it into a kettle of water and let them cook one hour after the water begins to boil. Then strain through a flannel bag. Pour the juice into a procelain kettle and let it just come to a boil. Take it from the stove and stir in equal amount of sugar slowly, that it may have time to dissolve. Pour into glasses and let it cool; when cool, cover with white paper dipped in brandy and laid on the top of the jelly. Tie or seal over a large piece of paper. Put away in cool dry place. A good thing to do is to heat the sugar in the oven, as it drives out the moisture and causes the fruit to jelly more readily. Try and make it a point to make jelly on a bright, sunny day.

PLUM MARMALADE.

After the juice is taken from the plums, rub the pulp through a colander. To this add an equal amount of sugar and boil twenty minutes. Put up like jelly.

PLUM JELLY.

To one peck of plums add three pints of water, boil until soft, pour into a jelly bag and let it drip, but do not squeeze.

Take equal weights of juice and sugar, and boil twenty minutes or until it jellies.

RASPBERRY JAM.

To one pound of currant juice take five pounds of raspberries and five pounds of sugar. Put the sugar and berries in layers, mash them and let them stand one hour, then add the currant juice and boil a half-hour.

PRESERVED PEACHES.

Select sound, ripe peaches. Peel, halve, and stone them. For every quart of peaches an equal amount of sugar. To every three pounds of sugar, add one cupful of boiling water. Melt, and boil fifteen minutes. Then drop in the peaches and cook them until a straw will pierce them easily. Skim carefully and put into heated jars. Boil and skim the syrup eight minutes longer, fill the jars with the syrup and seal.

A good plan is to halve and stone them before peeling, or take a dozen or more peaches and scald them by pouring boiling water over them and let stand two minutes, no longer. In this way they will easily peel.

CANNED PEACHES.

Above all, peaches must be spotless and not too ripe. Peel carefully, but do not stone them, as it adds to the flavor. Allow one pint of water and one cupful of sugar to every quart of peaches. Boil sugar and water for fifteen minutes; then add the peaches a few at a time and boil gently, and when a broom straw will pierce them easily they have cooked enough. Put the peaches in jars that have been well heated with boiling water, put the peaches in two thirds full. Boil and skim

the syrup and pour over the peaches until the jars are full. Seal at once. Keep canned goods in a cool, dark place, the darker the better.

SPICED PEACHES.

Five pounds of peaches, two and a half pounds of sugar, one-quarter of a pint of cider vinegar, a quarter of an ounce of stick cinnamon, a quarter of an ounce of whole cloves, a quarter of a teaspoonful of whole allspice, and an eighth of a nutmeg broken into bits. Boil the sugar and vinegar together fifteen minutes. Put in enough peeled peaches to cover the bottom of the kettle and cook gently until a straw will pierce them easily. Skim the peaches out very carefully. Put them on a hot platter and cook the remainder of the peaches in the same way. When done, drain off the juice, put it in the kettle, boil up, and skim. Put the peaches in a stone jar, pour the hot syrup over them, tie the spices in a bag and lay on top. Cover closely, and in five days pour off the juice, boil up, and pour hot over the peaches. Cover tightly, with heavy brown paper or a coarse cloth. Keep in a cold, dry, dark place.

PRESERVED WATERMELON.

Take the thick rind of a ripe watermelon, cut it into small strips, cut off all the red part and scrape the outside. Boil the rind with peach leaves and saleratus—twelve leaves and one teaspoonful of saleratus to two quarts of water. This will turn them green. Boil till tender, then take them out and put them into cold water with a half tablespoonful of alum dissolved in it to make them brittle. Let them soak one hour. Then rinse them in clear water and boil fifteen or twenty minutes in a syrup of equal parts of sugar and water adding lem-

ons cut into small pieces, allowing one lemon to two pounds of rind. When cool, add a little extract of ginger. Let them stand three days. Then pour the syrup off, boil it till very rich, and just cover the rinds. Pour on boiling hot.

CANNED PEACHES, OR OTHER FRUIT.

Make a syrup of two pints of water and four pints of sugar. Let it boil, put in the peaches and cook till tender, then fill the cans. Add more sugar as the syrup thins by putting in fruit.

While canning fruit, put a table knife all around inside of the jar, moving slowly, until the bubbles do not rise. Then fill again.

AMBROSIA.

Two sweet oranges peeled and sliced, four slices of pineapple, and a half cupful of grated cocoanut. Place alternate layers of orange and pineapple with the grated cocoanut between, and sprinkle pulverized sugar over each layer. This is delicious.

PRESERVED QUINCES.

Pare, core and quarter your fruit, then weigh it and allow an equal quantity of white sugar. Take the parings and cores and put in a preserving kettle; cover them with water and boil for half an hour; then strain through a hair sieve, and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender, lift out as they are done with a drainer and lay on a dish; if the liquid seems scarce add more water. When all are cooked, throw into this liquor

the sugar, and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour and a quarter, on a slow fire; while they are boiling occasionally slip a silver spoon under them to see that they do not burn, but on no account stir them. Have two fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two in each. Quinces may be steamed until tender.

RELISHES

CUCUMBER PICKLES.

Select small cucumbers, wash and wipe them, tip the ends, but do not peel. Slice thin and pack into pint jars. When full to the top, add one tablespoonful of salt and one of whole white mustard seed, pour over enough vinegar to cover. Cover tightly and put away in a cool, dry place. Do not open in less than two weeks. Excellent.

GREEN TOMATO PICKLES.

Three quarts of green tomatoes sliced in inch-thick slices, one pint of white onions, and four green peppers sliced thinly. Put them with salt in layers in an earthen jar to stand over night. Use a half cupful of fine table salt. In the morning drain an hour in a colander, then put them into the kettle, pour over them one pint and a half of cider vinegar, add a quarter of a cupful of sugar, a half tablespoonful of whole cloves, a quarter of an ounce of stick cinnamon broken into bits, and a few allspice, tied up in a bag. Cook slowly for twenty minutes. Just before removing from the fire add half an ounce of mustard seed, stir lightly with a wooden spoon, and put away in an earthen jar well covered for three weeks, in

a cool place. Then put it on the stove again and boil up with a quarter of a cupful of sugar and seal in hot jars.

WATERMELON PICKLES.

Cut the melon into any shape desired. Make a weak solution of alum and pour over it, let it stand twenty-four hours, then scald in clear water and drain. To seven pounds of rind, take one quart of good cider vinegar, four pounds of sugar and a half pint of ginger root. Put in the rind and boil till it looks nice and clear, then remove the rind to a jar, boil the liquid until it is a rich syrup, and pour over the rind. When cool, cover the jar tightly and set away in a cool place.

PICKLED GREEN PEPPERS.

Take one dozen large, green, bell peppers, extract the seeds by cutting a slit in the sides so as to leave them whole. Make a strong salt brine and pour over them, and let stand twenty-four hours, then take them out of the brine and soak in water sixteen hours. Turn off the water and scald a pint of vinegar, in which put a small piece of alum and pour over them, letting them stand three days. Prepare a stuffing of one hard head of white cabbage, chopped very fine, and seasoned with a little salt and a half cupful of white mustard seed. Mix all well and stuff the peppers hard and full, then stitch up each pepper with a darning needle and coarse thread, place them in a stone jar and pour over the spiced vinegar scalding hot. Cover tightly.

SPICED CURRANTS.

Four pounds of fruit, three pounds of brown sugar, half a pint of vinegar, one tablespoonful each of ground cloves and

cinnamon. Put in an agate saucepan and boil slowly two hours. Be very careful not to burn; stir often. Put away in tightly covered jars.

CHILI SAUCE.

Select eighteen large, ripe tomatoes, five good-sized onions, and two red peppers; chop fine, and add two tablespoonfuls of salt, one tablespoonful each of cinnamon, cloves and allspice, (ground), an eighth of an ounce of mace broken into bits. Mix all thoroughly, then add one pound of brown sugar and three and a half cupfuls of vinegar and half an ounce of ginger. Put into a granite kettle. Cook till thick as catsup, stirring often, but do not strain. Put away in tightly corked bottles or jars.

PICKLED ONIONS.

Peel small onions until they are white. Scald them in salt and water until tender, then take them up, put them into wide-mouthed bottles, and pour over them hot spiced vinegar; when cold, cork them close. Keep in a dry, dark place. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small white buttons.

SPICED CHERRIES.

Select fine large cherries; wash well and drain five pounds; boil one quart vinegar with two pounds sugar, two ounces white cloves and the rind of lemon peeled thinly; tie the spices in bit of cheesecloth, simmer all together for twenty minutes; when boiling hot pour over the cherries; cover closely and let

stand till the next day; drain off the juice and boil again, and pour boiling hot over the cherries, repeat this twice more and seal. These are delicious.

RED CURRANTS WITH ORANGES AND RAISINS.

Five pounds of currants, three and one-half pounds of sugar, one pound of raisins, three pounds of oranges. Wash and stem currants, stone raisins, and cut oranges into small pieces. Boil the currants twenty minutes; add the raisins and cook a little longer, then add the sugar and let it come to a boil, then put in the oranges. Remove from the fire and put in jelly glasses. This recipe fills fifteen glasses.



CANDIES AND CONFECTIONS

HOLIDAY CANDY-MAKING AT HOME.

The cream candies should be put into a closely covered dish as soon as cold, and they are much better after being kept this way for several days. Horehound, butter-scotch, taffy, etc., should also be kept covered, as this prevents them from becoming moist and sticky.

Fondant is the foundation for innumerable kinds of cream candies and is made as follows:

Two cupfuls of granulated sugar, one cupful of hot water, and one-third of a teaspoonful of cream of tartar. Place on the back of the stove and stir until thoroughly dissolved. If there are any grains around the sides of the pan, clean off with a damp cloth before letting it come to a boil. Boil over a quick fire until a little of it dropped into cold water will make a soft ball. Remove the mixture from the fire and put it aside to cool, leaving it in the dish in which it was cooked. Do not put it into cold water to cool. When cool (not cold) stir until it becomes a thick creamy mass. When it is too hard to stir any more, take it into the hands and knead. Kneading the fondant has somewhat the same effect on the candy as kneading dough has upon bread; it makes it light and smooth. Then put it into an earthen dish, cover with a slightly damp-

ened cloth and let stand until desired for use. It will be better after standing for two or three days, and it will keep for a week or more. If the fondant is grainy after being stirred, put more water with it, dissolve again and cook as before, taking care not to jar the pan either while it is cooking or cooling.

For pink fondant use the same proportions as for the white, adding half a tablespoonful of pink sugar, which can be bought of a confectioner and is inexpensive, a small quantity lasting a long time.

For maple fondant use: Two cupfuls of light-brown (coffee C) sugar, a cupful of maple syrup, a cupful of hot water and one-third of a teaspoonful of cream of tartar. This is more easily made than either of the other kinds, as the brown sugar is more moist than the white and is not as likely to grain. It is, therefore, a good one with which to begin.

NUT WAFERS.

Use white fondant for these. It is not well to melt too much at a time, because it will get hard before you can drop it all. Have ready over the fire a pan with about half an inch of water in it. Put the fondant into a small stew-pan and place the pan in the water for the fondant to melt. Flavor with vanilla, stir in broken walnut meats and drop from a spoon on parafine paper. Pecan nuts, black walnuts, hickory nuts, etc., may also be treated in this way.

WALNUT CREAMS.

These may be made with either the white or maple fondant. Roll a piece of the fondant into a ball and press well into each side half a walnut meat, then lay aside on parafine paper to harden. The white fondant should have a few drops of vanilla worked into it before being made up into balls.

COCOANUT WAFERS.

Use white fondant. Melt, flavor with vanilla and mix in shredded cocoanut until quite stiff; then drop on paraffine paper.

PEPPERMINT AND WINTERGREEN WAFERS.

Use white fondant, or pink for the wintergreen, if preferred. Melt, flavor with two or three drops of peppermint or wintergreen oil and drop on the paper in small round wafers. These are very nice and are more quickly made than any of the others, as well as less expensive. Maple wafers may be made in the same way, but no flavoring is necessary for them.

BUTTERSCOTCH.

Two cupfuls of granulated sugar, one cupful of Golden Drip syrup, half a cupful of butter. Cook the ingredients until they make a hard ball when dropped into water. Pour into buttered pans, having the candy about half an inch thick. Cut into squares when cool and wrap in paraffine paper.

HOREHOUND.

Packages of the horehound can be bought of a druggist at trifling expense. Two-thirds of a teaspoonful of this steeped for a few minutes makes a flavor strong enough for three cupfuls of sugar. Use the proportions of a cupful of water to two cupfuls of sugar and half a teaspoonful of cream of tartar. Strain the tea carefully and pour it over the sugar; add water and cream of tartar and stir until thoroughly dissolved. Boil until when dropped into water it is very brittle and does not seem at all chewy. Pour into pans and mark

into squares when cool. If covered, this will keep for weeks without getting sticky. Half a cupful of Coffee C sugar added to the granulated makes a better color for this candy.

FUDGE.

Three cupfuls granulated sugar, one cupful of milk. Boil, and when it hardens a little in cold water add one tablespoonful butter and two squares of chocolate. Take from the stove, beat well and put in buttered tin. Walnuts may be added.

WALNUT PANOCHA.

Four cups of light brown sugar, one-half cup cream or milk. Boil five minutes. Put in one cup chopped walnut meats, boil about three minutes, then take off and stir until cool and thick enough to put on buttered platter.

MACAROONS.

One-half pound almonds, blanched and dried and pounded in a mortar, with one teaspoonful rose water; beat the whites of three eggs with one gill of powdered sugar, adding one tablespoonful at a time, one-half teaspoonful almond extract, the powdered almonds, and, if the paste is too soft, add a teaspoonful flour; wet the hands, shape the paste into balls; place on buttered paper and bake slowly.

CHOCOLATE CARAMELS.

One cup of grated chocolate, one cup of molasses, one cup brown sugar, butter size of a small egg; put all in saucepan, except chocolate; test by dropping in cold water; when done pour on buttered pans.

HOME CARAMELS.

One-half pint baker's chocolate grated, one-half pint sugar, one-half pint molasses, one-half gill milk and butter size of an egg; boil till it hardens in water.

MAPLE CANDY.

One cup maple sugar, one-half cup cream; boil till it creams and when stirred drop by teaspoonfuls on a buttered dish; place one-half English walnut on each piece of candy.

TO CANDY FRUITS OR NUTS.

Boil in an agate sauce pan, one pound granulated sugar and one gill butter, till a drop of syrup is brittle in ice water; add a tablespoonful of lemon juice to the syrup and set the sauce pan in a pan of boiling water; take each piece of fruit with the sugar tongs; dip into the syrup till each piece is covered; then lay on waxed paper to dry.

COCOANUT CANDY.

Two cups sugar and one-half cup water; boil till it crisps in water; then remove from range and stir till creamy; add one grated cocoanut and turn in buttered tin; when cold cut in squares; use this cream for peppermint cream; flavor with essence of peppermint.

CANDIED ORANGE PEEL.

When oranges are used save the peels by putting in a jar of salt and water; when there are what you wish to candy put them on the stove in cold water; boil up well and drain and put in clear water, changing till the bitter is out of the peel

and they are tender; when tender chop and weigh; take pound for pound of sugar and orange peel; add a little water to dissolve the sugar; put in the peel and cook till clear; remove from the syrup and put on plates, with sugar, and set in warming closet to dry.

OPERA CREAMS.

Two cups sugar, one cup cream and boil till it makes a soft ball when dropped in water. Flavor with vanilla, stir till cool, then work on the bread board. Spread on a plate and cut in squares.

KISSES.

Six ounces of powdered sugar, three ounces of butter; beat to a cream. Add whites of three eggs well beaten, soda size of a pea dissolved in a little hot water, flour to roll in a thin sheet; cut in small cakes.

EXTRA GOOD KISSES.

Whites of eight eggs beaten stiff, one pound pulverized sugar. Flavor to taste and beat the sugar in by the teaspoonful; after adding the sugar beat one hour. The kisses to be light and crisp should bake thirty minutes.

BUTTER SCOTCH.

Three-quarters cup butter, one cup sugar, one cup molasses, a pinch of soda; boil without stirring till it hardens in water. Turn into buttered tins and when nearly cold cut in squares.

FUDGE.

Two cups sugar and one cup cream or milk, one-fourth pound chocolate unsweetened, small piece of butter; when it begins to boil stir constantly; when it hardens slightly in water take from range; flavor with vanilla and stir till cool; turn on a buttered tin; when cold cut in squares.

BRANDY TUTTI FRUTTI.

Just before strawberry season put one quart of brandy and three pounds of sugar in a three gallon jar; stir this frequently and when strawberries are ripe hull three pounds and put them in the jar, with three pounds of sugar. Always add an equal weight of fruit and sugar. Add each fruit in season. Stone the cherries; plums must be cut in pieces; peaches and apricots pared and sliced; pineapples are a delicious addition. This mixture must be covered closely in a cool place and stirred every day until the jar is full. Serve with ice cream and blanc manges.

CREAM TAFFY.

Take two pounds of light brown sugar; pour over it enough cold water to cover it well before putting it over the fire; after it begins to boil add a tablespoonful of vinegar; just before the taffy is done put in a lump of butter the size of a small egg; cook till it will be quite hard when dropped into cold water. Do not stir at all or the taffy will be sugar before pulled. Remove from the fire and put in flavoring; pour quickly into well buttered platters and set in cool place. Begin to pull as soon as it is possible to take it into the hands. The quicker it is pulled the better it will be. If a flavor is desired add one tablespoonful of grated chocolate to each platter

just after it is poured out. As the taffy is pulled the chocolate will mix with it. Pull as long as possible, till it is quite hard and very white, and cut in small pieces; put aside for several hours. It will cream nicely.

BUTTER SCOTCH.

Two cups white sugar, four tablespoons molasses, four tablespoons water, small half cup vinegar. Cook until it hardens in cold water, then add one-half cup butter. Flavor with vanilla.



INVALID COOKING

INDIAN MEAL GRUEL.

One quart boiling water, one tablespoonful flour, two tablespoonfuls white corn meal, one-half cupful cold water, one-half teaspoonful salt; mix the flour, meal and salt in the cold water, add to the boiling water and cook ten or fifteen minutes, stirring all the time. Remove to the back of range and let cook half an hour longer, stirring it occasionally; strain through very fine sieve or cloth. To each cup of the gruel add one-half cup of milk, one-fourth teaspoonful of butter, more salt if needed, and a tiny bit of sugar if the gruel is liked better sweetened; a teaspoonful of whipped cream added to a cupful of gruel makes it more tempting; place the cream on top of the cup just as it is ready to serve.

MUTTON BROTH.

One neck of mutton, one-fourth cupful pearl barley, one stalk celery, one onion, one sprig parsley, one teaspoonful of salt; cover the meat with cold water after it is washed and cut into rather small pieces, add the washed barley; let it come to a boil slowly, add the vegetables cut small and one teaspoonful salt. Simmer until the meat drops from the bones;

let the broth become cold. Remove every particle of fat, strain through cloth or fine wire sieve; boil, pour into cups and put a tablespoonful of whipped cream on each cup of the hot broth.

OATMEAL GRUEL.

One cupful oatmeal, three pints cold water; boil slowly three hours or more until the oatmeal is creamy. Strain through a fine sieve, rubbing part of the oatmeal through. Do not try to rub too much or the gruel will be too thick. This can be set in the ice box and re-heated as needed, but it should be strained from the dish in which it is prepared into cups, as the jelly is apt to remain in little particles in the milk. For each cup of the prepared gruel add one-half cupful milk, one-fourth teaspoonful butter, salt to taste. One teaspoonful sugar is considered an addition by some.

CLAM BROTH.

This will be found specially acceptable before breakfast and it is so easily prepared that it can be made fresh daily. Procure a dozen clams in the shell, scrub well in cold water to remove every particle of sand, place in a saucepan, cover with boiling water—about a pint—and boil about fifteen minutes, or until all the clams are open. Take out the shells, chop the clams fine, skim the broth, return the clams to it, season to taste, with a tiny bit of butter or cream, pepper and salt, if necessary, and serve piping hot in a cup with toast or crackers. It may be necessary to strain the clams out entirely for one very ill, but all the properties of the clam with the lime in the shells are preserved in the broth.

FRUIT SYRUP.

A refreshing drink to use in fever cases may be made from dried peaches or apricots. Thoroughly wash one-half pound of the fruit, taking it piece by piece between the thumb and forefinger. Soak over night in one quart of water. In the morning simmer for half an hour, strain and chill.

BARLEY GRUEL.

Barley gruel is made the same as the oatmeal gruel, substituting washed barley for the oatmeal.

CRUST COFFEE.

Dry stale slices of bread in the oven until it is as brown as the coffee berry, but do not scorch it; pour boiling water over the bread and set on the back of the stove for a few minutes, where it will keep very hot but not boil. Pour off the liquid carefully and serve with cream and sugar.

TOAST WATER.

Toast brown bread without burning it and put into cold water; it will be ready for use in one hour; if preferred sweet add loaf sugar to taste.

BEEF TEA.

Two pounds lean beef, one and one-half quarts cold water; chop the beef fine, pour on the water, let stand one hour, then set back on the range and let come to a boil slowly. Simmer one hour, strain through cheese cloth, and season to taste. Serve very hot.

TO CLARIFY BEEF TEA.

Add one-half white of egg slightly beaten to one pint of cold beef tea; let it come to a boil and strain through cheese cloth.

BEEF BROTH.

A nutritious beef broth that can be kept a week in the winter is made in this way: Order three pounds of solid beef from the shoulder or shin and three pounds of bone from the shank. Have the butcher crack the latter. Trim off any dried pieces of skin or soft or bloody portions of meat, and put the bones and meat in a stone jar. Cover with four quarts of cold water, set in a slow oven and cook, covered, from eight to twelve hours. Strain and season with two teaspoonfuls of salt. Set aside, uncovered, to cool. If you wish to keep it for several days do not remove the fat, which will rise to the top and harden. Take out a little as needed, heat and serve very hot.

FLOATING ISLAND.

As the convalescent nears the pudding stage, an old-fashioned floating island is nourishing and digestible. Heat a pint and a half of milk in the double boiler until scalding, but do not allow it to boil. Beat the yolks of three eggs with four tablespoonfuls of sugar, and pour over the egg and sugar very gradually a cupful of the hot milk. Return to the boiler with the rest of the milk and cook until it begins to thicken. When cooked flavor with a teaspoonful of vanilla or orange and pour into a glass dish. Beat the whites of the eggs to a stiff froth, adding a half cup of currant jelly a teaspoonful at a

time. Spread over the custard and place in a rather cool oven for a few moments to "set."

FRIZZLED EGGS.

Put a piece of butter the size of a small nut in a cup with a pinch of salt, a little white pepper. Break in two eggs without stirring. Cook in a pan of boiling water until the whites are set. Serve immediately.

CHICKEN JELLY.

Pound one-half raw chicken, bones and meat together, with a wooden potato masher or mallet. Heat slowly in three pints of cold water. Cover and cook until the meat is in shreds and the water reduced one-half. Strain through a hair sieve and season with pepper and salt, then let it simmer about five minutes. When cold skim; keep on ice, and serve with wafers. Very nourishing for the convalescent.

APPLE DAINTY.

Wipe, quarter, pare and core apples; to each pint allow one-third of a cupful of sugar, one-third cupful of cold water, a speck of cloves. Put into an earthen dish, cover tightly and bake slowly eight hours. When candied and deep red in color pile lightly on a dish, and pour over a boiled custard, made with the yolks of three eggs, two tablespoonfuls of sugar, one-half teaspoonful of vanilla and one pint of scalded milk. Pile lightly over this the three whites, beaten with one tablespoonful of powdered sugar.

SPONGE CAKE.

A good sponge cake served with sweet cream or a glass of milk makes an excellent lunch for an invalid. To make the

cake, beat six eggs and a cup of sugar together until perfectly creamy, light and white. Add a teaspoonful of flavoring, and two tablespoonfuls of cold water and beat again. Stir in lightly one cupful of sifted flour, with a scant teaspoonful of baking powder with it, but do not beat. Merely fold it in. Bake in a deep tin in a rather slow oven.

BAKED CUSTARD.

Many cooks believe that the baked custard must be served in the baking dish or cup, and they never attempt to unmould it; this can be done easily if the mould is buttered before the custard is poured in. If the moulds are small the usual proportion of eggs is sufficient, but if large, it is well to add one more egg to a quart of milk. Scald one pint of milk and pour over three beaten eggs, beaten with one-quarter cupful of sugar, one-quarter level teaspoonful of salt, and one-half teaspoonful flavoring. Strain into buttered mould holding one and one-half pints. Set in a pan of hot water in a moderate oven and bake slowly until firm, then unmould onto a dish for serving.

UNFERMENTED GRAPE JUICE.

Cover Concord grapes with cold water (after removing from the stems and washing thoroughly in a colander), then boil until tender. Press the juice through a wire sieve and add to it one cupful of sugar to every three quarts of fruit juice. Place over the fire, let just come to a boil, and bottle hot. Do not let grapes boil too long the first time, nor any more than boil up the last time, or the flavor will be impaired. Serve with cracked ice. For invalids, dilute one-half.

WINE JELLY.

One ounce of gelatine, one and one-half quarts of water, one and one-half pounds of sugar, three lemons, two tumblers sherry wine, one wine glass brandy, one-fourth teaspoonful essence of cinnamon. Soak the gelatine in the water till thoroughly dissolved, add the sugar and the lemons cut in thin slices, the wine, brandy and cinnamon. Let it come just to a boil. Strain into moulds and set on ice to harden.

EGG NOG.

Beat three eggs, yolks and whites separately, mix the yolks with three tablespoonfuls of sugar. Beat well and then add one pint of rich milk and grated nutmeg, four teaspoonfuls of the best whiskey. Lastly whip in the whites of the eggs.

CHICKEN CUSTARD.

To one-half pint of cream add one-half pint of strained chicken stock; heat in a double boiler. When hot add the well beaten yolks of two eggs. Cook to the consistency of soft custard. Season with salt and turn into cups, and serve cold.

CHICKEN BROTH.

Heat one pint of chicken stock boiling hot. Beat two eggs and yolks well, add to boiling mixture and cook three minutes. Flavor with sherry and serve hot.

LEMON JELLY.

One teaspoonful of granulated gelatine. Soak in two tablespoonfuls of cold water, add four tablespoonfuls of boil-

ing water, two tablespoonfuls sugar and the juice of one-half lemon. Turn into a mould and set in ice water to harden.

ROSE GELATINE.

Use any brand of gelatine that has rose coloring, mould in long shallow granite pan, just thick enough to cut out heart shaped pieces with a cookie cutter. These come in heart shapes and can be used in cutting sandwiches too. Serve with whipped cream not sweetened.

MUTTON BROTH.

One-fourth of a pound of neck of mutton; cut off all fat and skin, cut the meat in small pieces, add to it two tablespoonfuls of barley and two cupfuls of cold water. Heat slowly to the boiling point and skim carefully and set back on the stove where it will just simmer (180 degrees Fah.). Cover the bones with one cupful of cold water and cook slowly forty minutes, strain the broth from the bones to the meat and barley and cook two hours more. Strain and season with salt.

MUSHES.

The following formula will apply to the cooking of all cereals. The importance of the long cooking of all starchy material cannot be too strongly emphasized.

To one cupful of cereal, add one teaspoonful of salt. Have the water boiling rapidly, drop in the cereal slowly, that the water may not cease boiling, cook rapidly directly over the fire until the starch grains have swollen and burst open the cellulose pockets, and the mixture has thickened and settled. Now place the top of the double boiler over

the lower part and steam from six to eight hours. The amount of water used should be one-fourth more than is given on the package.

An attractive method of serving mush is to remove the core of an apple, making a large cavity, steam it and when done fill the cavity with the cooked cereal. If it is desired to serve more cereal, a wall of cereal may be formed around the apple. Serve with cream and sugar to taste. Dates, figs and raisins properly prepared may be served with the cereals.

OYSTER TOAST.

Serve broiled oysters on cream toast and sprinkle with minced celery.

BROILED TENDERLOIN.

Cut an inch slice of tenderloin, broil eight minutes over coals, turning every ten seconds. At the same time broil a small piece of round. Press the juice of the round over the tenderloin, season with butter, salt and lemon juice. A little minced parsley may be added.

EGG TOAST.

Brown a slice of bread nicely, dip in hot water slightly salted, butter it, and lay on top of this toast an egg that has been broken into boiling water and cooked until the white is hardened. Season the egg with a bit of butter and a little salt.

The best way to cook an egg for an invalid is to drop it into boiling water, or pour boiling water over the egg in the shell and let it stand a few minutes on the back of the stove.

CREAM OF CELERY SOUP.

Cook celery until soft, mash and rub through a sieve. This is celery pureé. Add five or six drops of onion juice to the pureé. Melt one level tablespoonful of butter, add the same amount of flour and cook together until frothy. To the flour and butter add one-fourth of a cupful of celery pureé and one-half cupful of boiling water and cook together five minutes, then add one-fourth cupful of milk and the same of cream. Heat to 160 degrees Fah. and serve seasoned with salt and pepper.

GREEN PEA SOUP.

Cook together as above one-half tablespoonful of butter and flour, add one-fourth cupful of hot milk, cook until it thickens a very little, add two level tablespoonfuls of cooked and strained pea-pulp, seasoned with one-eighth of a teaspoonful of salt and one-fourth of a teaspoonful of sugar. You may add a little whipped cream. Serve hot.

BEEF JUICE.

Beef juice obtained from best round steak, which has been merely heated through over the coals, and then entirely deprived of soluble substances by a meat press, is the most concentrated form of liquid food. If prepared with the most scrupulous neatness from the best materials and served at once, it leaves nothing to be desired. To prepare the press for use in making the beef juice, it should stand in boiling water for thirty minutes.

Take beef from upper part of round, broil over coals, holding broiler close to the coals (when it is not possible to have coals it may be broiled on a very hot pan) until well browned.

Now put pieces in the press that has been standing in hot water, and press out the juices into a cup standing in hot water. Season with a little salt and pepper, and it is ready to serve. It is often offered to a sick person in a red glass, that the color may not be offensive. It may be taken to the sick room in a bowl of hot water that it may be served hot. Hot water added, it becomes beef tea.

CLAM BROTH.

Procure clams in the shell, scrub the shells with a brush, put ten or twelve shells in a kettle with a very little hot water, cover kettle and let steam until shells open. Drain out the juice, dilute the broth with water and season with salt.

IRISH-MOSS LEMONADE.

Pick over and wash one-fourth of a cupful of Irish-moss, pour on one pint of boiling water and cook two hours, just below the boiling point, 200 degrees Fah. Strain and add lemon juice and sugar to taste. Excellent for bronchial troubles.

EGG LEMONADE.

Separate white from yolk of egg. Beat the yolk until stiff and creamy. Add the juice of one lemon, beat thoroughly, add two level teaspoonfuls of sugar, fold in the white of the egg, beaten stiff and dry. Pour over shaved ice in a glass, let stand five minutes, and serve. The yolk may be omitted if too rich.

GRUELS.

Any kind of grain requires long, slow cooking.

RICE GRUEL.

Two level tablespoonfuls of cracked or crushed rice, two cupfuls of boiling salted water. Cook two hours over hot water. Strain out the grains and dilute with milk or cream. Serve hot or cold. It is delicious with whipped cream.

OATMEAL GRUEL.

One-half cupful of rolled or crushed oatmeal, the same amount of cold water. Stir well, let settle, and drain water into a stewpan. Repeat this four times; that is, add one-half cupful of cold water to the same oatmeal four times. Cook the strained water until thickened, directly over the fire. Now pour into the top of a double boiler and steam two hours, add salt, season with lemon juice, beef tea, cream or milk.

EGG GRUEL.

Separate the yolk and white of an egg, beat both very stiff, add a few drops of lemon juice to the yolk, add one tablespoonful, more or less, of sugar to the beaten white, fold the white into the yolk and pour over all one cup of heated milk, beating rapidly all the time. Flavor as desired.

SOUPS.

Milk soups are another way of serving hot milk, flavored with more or less pulp of the vegetables that grow above the ground, which are tender and rich in mineral substances. The milk should not be heated above 160 degrees Fah.

Things Worth Knowing

To clean sponges, wash them in diluted tartaric acid, rinsing them afterward in water; it will make them very soft and white.

Before buying tinned fruits and meats see if the top is flat or depressed. If the top has bulged out, then air has entered the tin and fermentation set in.

Vinegar should not be kept in a stone jar, as the acid may affect the glazing and the vinegar be rendered unwholesome. Glass jars are the best vinegar receptacles.

Freshen the house by putting a few drops of oil of lavender in an ornamental bowl, then half fill it with very hot water. This will give a delightful freshness to the atmosphere.

A good china cement is made by mixing with a strong solution of gum arabic and water enough plaster of paris to make a thick paste. This should be applied to the broken edges with a camel's hair brush.

When lighting a gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off very quickly, and on again. It will then light properly without any further trouble.

If you have left boiled eggs in the water a little too long, break the top of the shell at once by patting it with a spoon. This lets out some of the heat, and the hardening process will be stopped immediately.

A Paint-Stained Dress.—If you happen to get wet paint on your dress, rub the stain at once with another piece of the same material, and the stain will entirely disappear. You can use another and covered part of the same garment. What happens to the paint it is difficult to say, but it certainly vanishes.

Grease Marks on Wall Papers.—These can be removed by applying a paste of pipeclay and water to the stains, and allowing this to dry on all one night or day. Then the powder should be gently brushed off without scraping the paper.

To Clean Carved Ivory Articles.—The beauty of carved ivory curios is frequently spoiled by the amount of dust which collects in the interstices, so those who possess them will be glad to hear of an excellent method of cleaning the ivory effectually. A paste should be made of sawdust, water and a few drops of lemon juice. This paste should be applied thickly all over the carving, and be permitted to dry on. When finally brushed off with a soft, firm brush, the preparation will be found to have left the ivory pure and white once more.

To Remove Rust Stains from Matting.—Cover the stain with paper and place a warm iron on this. When the spot is warm dip a glass rod in a bottle of muriatic acid and go over the rust spot with it, wetting every part with the acid. The spot will turn a bright yellow. Instantly wash it with an old toothbrush dipped in boiling water, rub dry with woolen

cloths. Before beginning the work have all the appliances ready, and then work rapidly from start to finish. Muriatic acid corrodes metals, therefore keep the bottle corked tight when not using it. Two or three ounces of the acid will be ample.

Flower vases can be easily purified and cleaned by rinsing them out with warm water and powdered charcoal.

When cutting new bread always put the knife in hot water first, and you will find that it facilitates the cutting.

To Keep Clothespins New.—To prevent new clothespins from splitting, let them stand in cold water a few hours before using.

A box filled with lime and placed on the shelf in a pantry and frequently renewed will absorb the damp, and keep the air pure and dry.

When weighing molasses for cooking purposes, if the scale is well floured first the syrup will run off quite smoothly, without leaving any stickiness behind.

Good Polish for Oilcloth.—Save all candle ends and melt in the oven; mix with it sufficient turpentine to make a soft paste. This is excellent for linoleum, etc.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

To Brighten Copperware.—A little crushed borax if sprinkled thickly on a flannel cloth that is wet with hot water and well soaped will brighten the copper like magic.

To darken brown boots that have seen their best days rub all over with a piece of clean white flannel wet in ammonia. Do this twice, then polish with the usual brown liquid, and they will look as nice as ever.

Tapestry-Covered Furniture.—To clean this, first brush thoroughly; then add a tablespoonful of ammonia to a quart of water. Wring a cloth out of this, and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.

Scrubbing Board Floors.—Plenty of soap and cold water and no soda are the secrets of success in washing board floors, and the wood must be scrubbed the way of the grain and not round and round, if you want to get the dirt off. Change the water often. You can't expect boards to be a good color if they are rinsed in dirty water.

Tissue paper should never be thrown away. Save it all up for polishing windows and mirrors, or for removing the first coating of grease from dishes previous to their immersion in the dishpan.

Few housekeepers pay the attention they should to their ice boxes. An ice box can be kept in perfect condition if it is thoroughly cleansed once a week, but twice is better. The box should be thoroughly washed with strong soda water, and the drain pipes should be washed out. An ice box should always be full of ice, it is the poorest economy to allow the supply to decrease, and if sufficient ice is provided the box can be kept at an even temperature, which insures the preservation of the food it contains. There are people who, from a false idea of economy, fail to get the best results from the

use of ice and refrigerators. A common mistake is getting a small piece of ice every day or every other day, instead of filling the ice chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently and the result is that each new piece melts rapidly and the food cannot be kept.

Never use soda for washing china that has any gilding on it, for the soda will in time surely remove it all. Instead of soda, use a little soap; that has no bad effect.

Put a teaspoonful of ammonia in a quart of water, wash your brushes and combs in this, and all grease and dirt will disappear. Rinse, shake, and dry in the sun, or by the fire.

To renovate leather furniture, wash it with soap and water and when dry apply a little vaseline, rubbed in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar, with no ventilation. When coal remains long in an airless place it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled around the edges and well under the carpet before it is put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms, as moths favor close, dark places.

Boots and shoes will last much longer if, when wet,

they are placed on their sides and allowed to dry, pulling the uppers as flat as possible. By this means the soles are exposed to the air and dry better. It is also a good plan, when one does not possess boot-trees, to fill the boots or shoes with soft, crumpled paper or oats, so that they keep their shape.

To prevent portieres catching under the door when opened quickly, screw a small ring (such as are used for picture frames) into the center of the door frame, to this fasten a blind cord sufficient to reach to the bottom of curtain. Put another ring in center of door at top, thread cord through, and fasten to bottom of curtain. As the door is opened so the curtain rises.

To keep ants, moths or any other insects out of the closets or pantry, sprinkle the shelves and corners with sassafras oil, and they will soon bid you "good-bye."

A fairly sizable piece of black velveteen, perhaps a quarter of a yard, makes the most satisfactory brush for silk that can be had; it removes the dust perfectly and yet does not injure the fabric.

Care of Bath Rooms.—Plenty of fresh air and a generous flushing of pipes, using disinfectants every two weeks at least. Copperas is the very best: dissolve a couple of pounds of crystals in a gallon of water, pouring a portion of it hot down the drains. It has no odor, but will stain any clothing, and must be used with care.

For backache and pain in the chest the Belladonna and Capsicum plaster is the best and can be obtained at all drug stores.

DAINTY WAYS OF USING ROSE LEAVES.

With the blooming of roses the woman who keeps abreast of the times is on the alert to gather in every leaf of the fragrant harvest. From time immemorial the Orientals have utilized roses for their choicest sweets and flavors. Our great grandmothers were adepts in the preparation of rose flavors and pot pourris, but the modern woman has been slow in awakening to their possibilities.

The rose pillow is now esteemed the acme of daintiness for the new baby's carriage or the bride's outfit.

To collect a sufficient supply, make a systematic tour of the garden each morning while the dew is still on, provided with basket and shears. Select the roses whose petals are ready to fall, shake into the basket, snip off the denuded stem and throw it away. Carry the fragrant burden to the garret or spare room, where papers have been spread upon the floor, and empty the petals upon them. Stir and turn every day until perfectly dry, transferring to bags when that is accomplished.

When a sufficient amount of petals has been collected, put in pretty cases made of fine hemstitched handkerchiefs fagoted together, through which white or rose-colored ribbon may be run. These wash beautifully. If something more elaborate is desirable, a bolting cloth cover, embroidered or hand painted with roses, is dainty and effective.

For rose syrup, collect fresh petals each morning and spread on a tray to dry. When enough have been collected for a tumbler of preserve, put in a fresh granite or porcelain kettle with just enough water to cover, and simmer until ten-

der. Add sugar in the proportion of a pound to each pint of the leaves and water and cook to a rich syrup. The Turkish women frequently use honey in place of sugar, one-half pound of the honey equaling a pound of sugar.

This syrup gives a delicious flavor to a pudding sauce or mince meat, or it may be utilized as a sweet at a Turkish tea. Pour in glasses and seal.

To secure rose flavoring, fill a wide-mouthed bottle with fresh petals, packing them down as tight as possible. Then pour over them enough pure alcohol to submerge.

Richer and stronger is rose brandy. Fill a glass jar with fragrant petals, and cover with French brandy. Next day pour off the brandy, take out the leaves and replace with fresh ones. Return the brandy. Do this several times, until the brandy is strongly impregnated. Then strain and bottle tightly. Keep the can covered during the distillation process.

The petals of the yellow rose infused in boiling water furnish a delicate dye, which is attractive with old-fashioned rose desserts and for home-made candy.

To make candied rose leaves, gather fresh leaves and spread them on an inverted sieve or oiled paper in the open air until slightly dry, but not crisp. Make a syrup, using a half pint of water and a half pound of granulated sugar, and boil until it spins a thread. Dip each rose leaf in this syrup, using a hat pin or fine wire. Then lay back in place. After several hours melt a half cupful of fondant, add two or three drops essence of rose, a drop of cochineal to color, and a few drops of water to thin. Dip the leaves in this one by one, sprinkle with crystallized sugar, and return to the oiled paper to harden.

To make calico wash well infuse three gills of salt in four quarts of boiling water, and put in the calicoes while hot, and leave them till cold. In this way the colors are rendered permanent and will not fade by subsequent washing.

To remove paint and putty from window glass put sufficient saleratus into hot water to make a strong solution and with this saturate the paint or putty, which adheres to the glass. Let it remain till nearly dry, then rub off with a woolen cloth.

To disinfect a room from the smell of tobacco or closeness, place in an open mouthed jar one-half spirits of lavender and a lump of salt of ammonia, leaving it uncovered. It is excellent.

If our lady readers wish to keep a bouquet fresh let them drop a teaspoonful of powdered charcoal into the water intended for the flower stalks, and they will keep their freshness and perfume for several days, and look and smell the same as those just gathered. The charcoal settles to the bottom of the vase, the water remaining clear.

For burns nothing excels linseed oil and lime water. Dip cotton in the lotion and apply to burn and bandage.

Many jewels require an occasional sleep, in order to retain their brilliancy. Diamonds, rubies, opals and sapphires are among the number. They should be put away in total darkness every now and then. The usual velvet or satin lined cases are the correct receptacles. It is best to wrap them in jewelers' tissue paper, then pack them in wool and lay in air-tight compartments. A number of stones are seriously

affected by fumes from furnaces, sewer gas, moisture, and sea air.

The effect of ammonia on vegetation is very beneficial. If you desire your plants to become more flourishing, try it upon them by adding six drops to every pint of water you give them. Do not repeat this oftener than once in eight days, lest you stimulate them too highly.

Two pounds of alum dissolved in three quarts of boiling water and applied to all cracks and crevices will keep out ants, roaches and bedbugs.

To clean straw matting, use a coarse cloth dipped in salt and water. Wipe dry. The salt will keep the matting from turning yellow.

To remove ink stains, apply lemon juice and salt and lay the articles in the sun.

No housekeeper should be without a bottle of spirits of ammonia, for besides its medical value, it is very desirable for household purposes. With a pint of suds mix a teaspoon of spirits, dip in your silver knives, forks and spoons, and rub them with a brush and polish with a chamois skin.

For washing mirrors and windows, put a few drops of ammonia on a piece of paper and it will readily take off every spot of finger marks on the glass.

Ammonia entirely absorbs all obnoxious smell so often arising from the feet in hot weather.

To take spots from wash goods, rub them well with the yolk of egg before washing.

Ammonia is a most refreshing agent at the toilet table. A few drops in a basin will make a better bath than pure water.

To take white spots from varnished furniture, hold a hot plate over them and they will disappear.

Salt will remove the stains from silver caused by eggs. Apply dry with a soft cloth.

Never allow meat to remain in paper; it absorbs the juices.

To prevent the odor of cabbage or onion, throw red pepper pods into the pan they are cooking in.

A package of Gold Dust and a cake of Sapolio should be kept in every kitchen, to be used freely on all dishes that require scouring and cleansing.

Salt will curdle new milk, hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

Salt and beeswax will make rusty flatirons as clean and smooth as glass. Tie a lump of wax in a bag and keep it for the purpose. When the irons are hot, rub them first with the wax bag, then scour them with a paper or cloth sprinkled with salt.

Blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing bedbug remedy, as a coat of white wash is for the walls of a log house.

Kerosene will soften boots or shoes that have been hardened by water and make them pliable as new.

When cheese becomes too hard, grate it and put it away in covered bottles ; it is useful for macaroni.

Salt toughens meat if added before it is done.

Crackers are much more crisp if set in a hot oven a few minutes before serving.

To brown flour, put a few tablespoonfuls of flour on the bottom of a baking dish, and stir until it has become brown. Bottle and keep for future use.

If you value your own and your family's digestion, don't serve tea with fish. The tannic acid hardens the fiber and makes it indigestible. It should not be offered with any form of fish, shell-fish, or the articulate animals like lobsters and crabs. Iced tea and soft-shell crabs, for example, are a combination that should be avoided.

One of the dyed chamois-skins is an excellent lamp mat for a polished table—the rich red, green, or a certain shade of peacock blue. A red one goes especially well with a lamp of Egyptian design.

A recent addition to the list of savory salts is onion salt, which is now put up in shaker cans or bottles for flavoring use.

As most of the people cook by gas perhaps the following suggestions may be a help in the saving of gas. Puddings, pies, and beans can be baked well at small expense by using a small tin oven, such as comes for oil stoves. Place the oven over one of the single burners, and you will find it will give a very satisfactory bake with only a low flame. This little oven is fine for keeping the dishes warm and the victuals hot.

If you wish to serve peas as an entree, cut out with a cookie cutter a round of bread from an ordinary sized slice of bread, then two rings with a doughnut cutter. Dip them in melted butter and toast delicately brown in the oven. Fill the cavities with peas cooked in a delicate cream sauce.

Tissue paper should never be thrown away. Save it all up for polishing windows and mirrors.

Never use soda for washing china that has any gilding on it, for the soda will in time surely remove it all. Instead of soda, use a little soap; that has no bad effect.

Put a teaspoonful of ammonia in a quart of water, wash your brushes and combs in this, and all grease and dirt will disappear. Rinse, shake, and dry in the sun, or by the fire.

Ink spots on mahogany may be removed by being touched with a feather dipped in oil of vitriol diluted with twice its quantity of water. The spot should be well and quickly rubbed.

To renovate leather furniture, wash it with a little soap-and-water, and when dry apply a little vaseline, rubbed in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

A few drops of oil of lavender in a silver bowl or ornamental dish of some kind, half filled with very hot water, and set in the dining-room just before dinner is served, gives a delightful and intangible freshness to the atmosphere of the apartment. Hostesses often put a small vessel in the parlor and dressing-rooms when arranging the house for a festivity. The suggestion is especially valuable to the hostess in a small apartment, which sometimes in the bustle of preparation becomes stuffy.

Household Uses for Pure Refined Paraffine Wax.

For Washing—One-half teacup of Paraffine Wax shavings to one ordinary bar of washing soap, both dissolved in a little hot water, is sufficient for one boiler of washing. Pour this mixture when dissolved into the boiler of hot water (the best results are obtained by dipping the clothes into cold water then wringing and putting into the boiler). Boil the clothes thirty minutes, after which all that is required to have beautiful, white clothes is the usual sudsing, rinsing and bluing. Using Paraffine Wax as above will save hard rubbing and scrubbing. Will take the dirt out of your clothes without hard rubbing. Absolutely pure and will not injure the most delicate fabrics. Has no taste or odor. Just as important as soap for laundry work.

For Ironing—A teaspoon of MELTED Paraffine Wax mixed with the hot starch insures a smooth, glossy finish.

Irons are kept smooth, bright and clean by rubbing them over small pads made of Paraffine Wax covered with cheesecloth or old linen.

For Sealing Preserves—When the jam or jelly is cool, wipe the inside rim of the glass with a cloth to insure perfect cleanliness; then pour in the melted Paraffine Wax until it is about one-fourth of an inch thick. Let stand until the Wax hardens and turns white. No other cover is necessary. If the fruit is thoroughly cooled before pouring on the melted Wax it will not mix with the fruit.

For Cake and Pie Pans—Warm the pans and rub the inside with Paraffine Wax. This is superior to the old method of greasing the pans with butter.

Manufactured by Standard Oil Co. For sale by all dealers.

Do not throw away bits of toilet soap. Get a quart or pint Mason jar and put in the bits of soap. Pour in alcohol not quite enough to cover the soap. This will make a jelly which will be found very useful for the hands, in the bath, and for shampooing. Just before using add three drops of lavender or rose.

To prevent flannels from turning yellow lay pieces of white wax in the folds of white flannel or Swiss muslin.

The following are a few of the many articles which should be in every household in case of emergency—especially if a doctor is not to be obtainable immediately. Absorbent cotton, bandages of convenient length and width of old cotton (which every housekeeper has if carefully saved), old linen handkerchiefs, pieces of soft flannel, prepared mustard leaves, adhesive plasters, arnica, pure vaseline, Collodion, Witch-hazel, ammonia, borax, ipecac, spirits camphor, aconite No. 3 labeled "poison." No. 2 is invaluable in the household if administered carefully in fever, ten drops in a glass of water, dose one teaspoonful each hour. Pure wine, whiskey, or brandy if occasion requires.

The hot water bags are indispensable (and can be obtained at slight cost). One per cent solution of carbolic acid is very useful (also a deadly poison) in cases of injury because of its cleansing qualities. If a cut is to be treated, the wound should be cleansed in clear tepid water, then rinsed with the carbolic solution, then painted with collodion, which staunches the blood and serves as a varnish to keep out air and any dirt.

The solution of carbolic above mentioned is excellent for burns; saturate the cotton and put on to the afflicted spot, bandage and keep wet.

Trifling injuries, whether cuts or tears, should be gently cleansed with luke warm water poured over the wound, then replace the skin or tissue, and lay a clean white cloth soaked in laudanum, or alcohol, or water over the injured part and loosely bind on.

Aromatic spirits of ammonia should never be allowed to run low, as its uses are so many, especially where there are any persons in the family with a tendency to fainting spells, or weak heart, as it facilitates the heart action, and is less dangerous than liquor. In case of fainting, a small teaspoonful in a half glass of water may be given, and the patient placed on the floor on his back, with the head low, garments loosened about neck, chest, waist, etc. Sprinkle water on the face, and hold smelling salts or spirits of camphor under the nose. Care should be taken, however, not to hold it too near, and produce strangling—but first of all lay the person on the back and the head slightly lower than the body. After a faint a slight stimulant in hot water, either 15 drops of aromatic spirits of ammonia, or a very little wine or whiskey in water, may be useful.

Bleeding from extracting a tooth.—Press a plug of cotton over the cavity, holding it firmly there. Salt and water is also useful.

Splints.—Great ingenuity may be used in this matter. When a sudden emergency arises, pasteboard, shingles, a piece of a cigar box, or anything smooth and stiff may be used, and it should be padded to make it as comfortable as possible.

For Fractures.—Use cloths wet in cold water immediately, to prevent as far as possible the swelling, which naturally follows soon after the accident. This will assist the doctor.

Vegetables to be cooked by boiling should be put into boiling water as little as possible, and if water is added let it be boiling hot. Steaming or baking is best for most vegetables, their finer flavors being retained.

Vinegar is a sure and swift antidote for carbolic acid poison. It has been stated that there are more accidental deaths from poisonous acids than any other poisonous drugs. The antidote is common cider vinegar, which is to be found in every household.

CROUP.

A teaspoonful of powdered alum in a little syrup every half hour until free emesis occurs, or one teaspoonful of Syr. of Ipecac every ten minutes.

SUMMER COMPLAINT.

For adults give one teaspoonful of Squibbs Tr. Opii Compound every hour until better.

HAY FEVER.

Aqua Ammonia cautiously inhaled is sometimes very efficacious.

HEARTBURN.

Soda mint tablets.

SORE THROAT.

Use equal parts of Listerine and Hydrogen Peroxide and gargle frequently with a tablespoonful of the mixture in one half cup of hot water.

VOMITING.

Give iced champagne or brandy in small quantities frequently. The proportionate dose for any age under adult life

is represented by the number of the next birthday divided by 24, i. e. For one year, 2-24 equal 1-12; for two years 3-24 equal 1-8.

CONSTIPATION.

For children glycerine suppositories infants' size; for adults one fig before breakfast or prunes stewed with senna tea are often very efficient.

EAR-ACHE.

Sweet almond oil as hot as it can be borne, dropped into ear. Chloroform on swab; rub behind and in front of ear.

PERSPIRING FEET.

Equal parts of salicylic acid and powdered borax. Put in sufficient water to dissolve and soak the stockings in this solution, allowing them to dry on the feet.

HOUSEHOLD WEIGHTS AND MEASURES.

- 4 Teaspoonfuls equal one tablespoonful liquid.
- 4 Tablespoonfuls equal one wine glass of $\frac{1}{2}$ gill.
- 2 Wine glasses equal one gill or half a cup.
- 2 Gills equal 1 coffee-cup or 16 tablespoonfuls.
- 2 Coffee-cupfuls equal one pint.
- 2 Pints equal one quart.
- 4 Quarts equal one gallon.
- 2 Tablespoonfuls equal one ounce, liquid.
- 1 Tablespoonful of salt equals one ounce.
- 16 Ounces equal 1 pound or 1 pint of liquid.
- 4 Coffee-cupfuls of sifted flour equal one pound.
- 1 Quart of unsifted flour equals one pound.
- 1 Pint granulated sugar equals one pound.

- 2 Coffee-cupfuls of powdered sugar equal one pound.
- 1 Coffee-cupful of cold butter equals $\frac{1}{2}$ pound.
- 1 Tablespoonful of soft butter, well rounded, equals one ounce.
- 1 Pint of chopped meat, solidly packed, equals one pound.
- 25 Drops of liquid will fill an ordinary sized teaspoon.
An ordinary tumblerful equals one-half a pint.
- 4 Teaspoonfuls equals one tablespoonful.
- 1 Tablespoonful of flour equals one-half ounce.
- 2 Tablespoonfuls of ground spice equal one ounce.
- 5 Nutmegs equal one ounce.
- 1 Teacupful of rice equals one-half pound.
- 1 Teacupful of corn meal equals six ounces.
- 1 Teacupful of stemmed raisins or currants equals six ounces.
- 1 Teacupful of stale bread equals two ounces.



*Birth Month Gems**Their Sentiment and Flower*

MONTH	GEM	FLOWER
January	Garnet—Constancy	Wild Rose
February	Amethyst—Contentment	Pink
March	Bloodstone—Courage	Violet
April	Diamond—Innocence	Easter Lily
May	Emerald—Success in Love	Lily of the Valley
June	Pearl—Purity	Rose
July	Ruby—Nobility of Mind	Daisy
August	Moonstone—Conjugal Felicity	Pond Lily
September	Sapphire—Chastity	Poppy
October	Opal—Hope	Cosmos
November	Topaz—Fidelity	Chrysanthemum
December	Turquoise—Success and Happiness	Holly

Wedding Anniversaries

First Year—Cotton

Second Year—Paper

Third Year—Leather

Fifth Year—Wooden

Seventh Year—Woolen

Tenth Year—Tin

Twelfth Year—Silk and Linen

Fifteenth Year—Crystal

Twentieth Year—China

Twenty-fifth Year—Silver

Thirtieth Year—Pearl

Fortieth Year—Ruby

Fiftieth Year—Golden

Seventy-fifth Year—Diamond

1882

PRE for dinner?

have for tea?

Bound in g p or two,

Bound in w fricassee?

Copies will
in any st
prices wh that nature

Liberal disc
= made her mighty
plan

The H. W. WIL task to woman

M I N N E hungry man.

—Anon.

J

INDEX.

Beverages	129-134
Birth Month Gems	223
Bread, Biscuits, Etc.	80-88
Breakfast Foods (Pillsbury's).....	135
Cakes	158-168
Candies and Confections	184-191
Chicken Dinner	54
Christmas Dinner	14
Duck Dinner	53
Eggs	74-79
Fish	15-25
Fish Dinner	26
For the Chafing Dish	141-147
Frozen Desserts	169-173
Fruits, Jellies, Preserves, Etc.....	174-179
Game and Poultry	43-52
Garnishes	128
Invalid Cooking	192-203
Meats and Sauces	27-41
Pies	148-157
Puddings and Sauces	92-106
Relishes	180-183
Salads	107-120
Sandwiches	121-128
Simple Breakfasts	136-137
Simple Luncheon	140
Simple Lunches	138-139
Soups	7-13
Stale Bread, Uses for	89-91
Steak Dinner	42
Things Worth Knowing	204-222
Vegetables	55-73
Wedding Anniversaries	224

